

# Centennial School District

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Recipe Master List

Jan 15, 2010

No.	Description	Source	Portion Size	Unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
000247	AMBROSIA		1/2 CUP	\$0.00	91	1.32	13.09%	34.73	0.35	0.75	1.10	10.83%	19.48
000529	ANIMAL CRACKERS		each	\$0.00	99	3.00	27.27%	72.00	0.00	0.00	0.00	0.00%	18.00
000064	APPLE		EACH	\$0.00	72	0.23	2.94%	1.38	0.00	3.31	0.04	0.52%	19.06
000075	APPLE CRISP (CENT)		SERVINGS	\$0.00	192	3.74	17.53%	29.90	0.00	3.93	0.71	3.33%	38.03
000545	APPLE CRISP - L		3 oz	\$0.00	164	8.07	44.33%	76.69	19.52	2.04	4.82	26.50%	22.24
000761	APPLE HALVES - RED & GREEN		EACH	\$0.00	87	0.23	2.43%	20.02	0.00	3.31	0.04	0.43%	22.68
000063	APPLE JUICE:cnnd,unswtn,+vit C		4 fl.oz.	\$0.00	58	0.14	2.11%	3.72	0.00	0.12	0.02	0.36%	14.48
000002	APPLE SLICES W/ CHERRIES		#12 scoop	\$0.00	97	0.29	2.68%	0.89	0.00	2.19	0.04	0.41%	24.89
000666	APPLE SLICES, WARM CINNAMON		#12 scoop	\$0.00	84	0.30	3.20%	0.86	0.00	2.52	0.05	0.51%	22.00
000001	APPLE SLICES,WARM CIN WRAP		#12 scoop	\$0.00	112	0.97	7.78%	11.54	0.00	3.39	0.15	1.22%	26.15
000307	APPLE WEDGES W/WO DIP		each	\$0.00	47	1.43	27.55%	13.01	0.00	2.17	0.29	5.63%	8.55
000111	APPLES AND PEANUT BUTTER		SERVING	\$0.00	372	29.01	70.12%	277.48	0.00	5.42	5.59	13.50%	20.07
000516	APPLES, SPICED		1/2 CUP	\$0.00	55	0.35	5.73%	0.91	0.00	2.35	0.05	0.87%	14.18
000119	APPLESAUCE - BERRY		4 OZ	\$0.00	63	0.06	0.83%	18.20	0.00	1.41	0.01	0.13%	16.30
000164	APPLESAUCE - CINNAMON		4 OZ	\$0.00	61	0.10	1.53%	2.78	0.00	3.27	0.02	0.32%	16.52
000569	APPLESAUCE CUP		4 OZ	\$0.00	50	0.06	1.05%	2.34	0.00	1.41	0.01	0.17%	13.22
000839	APPLESAUCE CAKE (CENT)		SERVINGS	\$0.00	219	5.34	21.96%	341.36	0.00	0.23	1.07	4.39%	38.83
900026	APRICOT, FRESH		EACH	\$0.00	17	0.14	7.31%	0.35	0.00	0.70	0.01	0.51%	3.89
000815	ASPARAGUS		SERVING	\$0.00	25	0.25	9.00%	15.88	0.00	2.27	0.05	1.96%	4.66
000774	BACON & CHEESE BAGEL (E &MS)		SERVING	\$0.00	269	8.11	27.10%	765.77	18.84	1.16	3.24	10.83%	36.94
000739	BACON & CHEESE BAGEL (HS)		SERVING	\$0.00	348	9.15	23.65%	1147.67	21.34	1.58	3.62	9.37%	53.00
000664	BACON CHEESEBURGER		EACH	\$0.00	406	19.61	43.42%	811.39	75.20	1.08*	8.18	18.10%	29.88
000185	BACON,EGG & CHEESE BAGEL (E&		SERVING	\$0.00	352	14.50	37.05%	823.98	128.84	1.04*	4.74	12.11%	38.51
000703	BACON,EGG & CHEESE BAGEL (H		SERVING	\$0.00	391	14.45	33.24%	978.70	128.84	1.51*	4.74	10.90%	48.38
000033	BACON,EGG CHEESE MUFFIN		SERVING	\$0.00	230	13.53	52.95%	629.55	128.84	0.58*	4.74	18.55%	15.81
000170	BAGEL W/WO CREAM CHEESE/JEL		EACH	\$0.00	272	8.98	29.68%	359.89	18.71	1.08	4.02	13.28%	39.27
000347	BAGELS,PLAIN,ENRICHED		1 EACH	\$0.00	182	1.15	5.67%	318.09	0.00	1.56	0.28	1.38%	35.86
000068	BANANA		EACH	\$0.00	90	0.33	3.34%	1.01	0.00	2.63	0.11	1.13%	23.07
000179	BANANA w/ DIPPERS		EACH	\$0.00	213	7.52	31.83%	40.63	0.00	3.05	0.84	3.57%	37.54
000470	BAR B Q RIB DIPPERS		SERVINGS	\$0.00	175	11.53	59.15%	561.68	29.40	0.94	4.10	21.06%	8.39
000205	BAR B Q RIB SANDWICH		SERVINGS	\$0.00	351	12.54	32.13%	947.50	29.40	1.94	4.11	10.52%	44.75
000188	BBQ PULLED PORK ON ROLL		SERVING	\$0.00	344	18.87	49.34%	703.16	60.39	1.56	6.33	16.56%	24.70
000478	BBQ PULLED TURKEY ON KAISER		SERVING	\$0.00	310	2.87	8.34%	1124.53	45.08	1.00	0.62	1.80%	48.95
500017	BEAN SOUP	USDA H-01	SERVINGS	\$0.00	159	0.86	4.88%	329.00	0.98	6.38	0.21	1.19%	29.36
001061	BEANS, VEGETARIAN		#12 scoop	\$0.00	133	0.55	3.71%	389.93	0.00	4.28	0.14	0.94%	30.79
500036	BEEF VEGETABLE SOUP	USDA H-04A	CUP	\$0.00	86	3.21	33.57%	281.98	14.00	1.80	1.29	13.48%	8.97
000398	BELLY BEARS CINNAMON GRAHAM		EACH	\$0.00	130	4.00	27.69%	115.00	0.00	0.00	0.00	0.00%	20.00
000663	BLT TURKEY WRAP		roll	\$0.00	382	13.30	31.35%	1119.11	47.11	2.96	4.59	10.81%	42.58
000255	BLUEBERRIES		CUP	\$0.00	84	0.49	5.21%	1.48	0.00	3.55	0.04	0.44%	21.45
000776	BOLOGNA & CHEESE ON KAISER		SANDWICH	\$0.00	400	19.21	43.24%	1353.62	67.84	1.28*	8.54	19.23%	38.67
000561	BOLOGNA & CHEESE ON WHEAT		SANDWICH	\$0.00	340	20.21	53.52%	1293.62	67.84	2.28*	8.54	22.63%	24.67
000319	BOSCO PIZZA STICKS W/SAUCE- S		SERVING	\$0.00	507	17.56	31.19%	1037.10	32.64	3.93	8.30	14.75%	61.15
000719	BOWTIE ALFREDO W/ & BROCCOLI		4 oz	\$0.00	144	3.57	22.30%	48.33	31.94	1.62	1.79	11.15%	22.36
900048	BREAD STICK		EACH	\$0.00	101	1.80	16.04%	128.70	0.00	1.24	0.30	2.67%	18.50
000477	BREAD STUFFING- CENT		SERVINGS	\$0.00	170	6.57	34.72%	370.64	0.00	1.32	1.38	7.31%	22.93
000168	BREAKFAST BUN, WHOLE WHEAT		PACKAGE	\$0.00	170	4.99	26.47%	199.64	4.99	2.99	1.00	5.29%	31.94
000061	BREAKFAST PIZZA		EACH	\$0.00	230	10.00	39.13%	590.00	15.00	2.00	3.50	13.70%	25.00
000136	BROCCOLI AND BOWTIES		SERVING	\$0.00	227	6.78	26.87%	44.07	44.00	2.17	1.41	5.57%	34.92

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No.	Description	Source	Portion Size	Unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
900009	BROCCOLI SALAD		SERVINGS	\$0.00	38	2.19	52.12%	83.50	0.75	0.90	0.34	8.16%	3.70
000256	BROCCOLI TREES W/WO DIP		SERVING	\$0.00	18	0.46	23.72%	43.80	0.91	0.88	0.11	5.48%	2.83
900049	BROCCOLI w/CHEESE SAUCE		SERVING	\$0.00	67	2.22	29.99%	156.03	4.17	2.84	1.02	13.82%	7.67
000257	BROCCOLI: fresh, boiled		4 OZ	\$0.00	27	0.32	10.54%	31.98	0.00	2.57	0.06	2.03%	5.60
000219	BROCCOLI: frozen, boiled		SERVING	\$0.00	26	0.11	3.86%	10.12	0.00	2.76	0.02	0.58%	4.92
000780	BROCOLI-CAULIFLOWER BAKE		1/2 CUP	\$0.00	63	2.66	38.13%	125.59	6.42	1.57	1.24	17.77%	6.82
000834	BROWNIE		SLICES	\$0.00	110	3.00	24.55%	120.00	5.00	0.00	1.00	8.18%	18.00
000830	BRUSSELS SPROUTS		SERVINGS	\$0.00	167	8.94	48.23%	612.87	25.20	4.00	5.32	28.72%	16.94
001050	BURGER BAR		SERVINGS	\$0.00	365	14.21	35.02%	772.77	64.00	2.12	6.22	15.34%	31.10
000736	CAESAR SALAD (Elem)		Serving	\$0.00	177	8.99	45.66%	608.64	11.94	2.91	3.28	16.68%	13.68
000737	CAESAR SALAD (Sec)		Serving	\$0.00	372	21.01	50.77%	1107.57	19.88	4.82	5.87	14.19%	27.84
000118	CAESAR SALAD, SIDE		Serving	\$0.00	68	5.32	70.60%	357.21	2.27	0.64	1.18	15.64%	3.85
000114	CAKE SLICE		2"X3"	\$0.00	319	9.60	27.13%	372.16	0.00	0.00	1.84	5.20%	54.25
900078	CAKE SLICE, NUTRITIOUS PLAIN		PIECES	\$0.00	144	7.19	45.09%	88.85	69.55	0.50*	1.36	8.55%	16.69
000589	CAKE, ANGEL FOOD		EACH	\$0.00	77	0.09	1.05%	151.68	0.00	0.06	0.01	0.15%	17.49
000195	CAKE, APPLE BETTE		SERVINGS	\$0.00	134	4.31	28.99%	108.15	0.00	2.23	0.87	5.86%	23.11
000348	CAKE, BLACK FOREST		PIECES	\$0.00	167	3.16	17.08%	280.09	0.00	0.87	1.26	6.82%	32.44
000797	CAKE, COCONUT BUNNY		SERVING	\$0.00	104	2.00	17.31%	55.29	0.00	0.00*	1.00	8.65%	21.06
000501	CAKE, HAWAIIAN		SERVINGS	\$0.00	262	6.39	21.95%	378.31	0.00	0.59	2.18	7.50%	46.66
000309	CAKE, JELLO POKE		each	\$0.00	175	0.54	2.79%	509.32	0.00	1.02	0.08	0.42%	39.30
000553	CAKE, RED, GREEN, GOLD		SERVINGS	\$0.00	218	8.16	33.73%	154.95	24.57	0.31	1.88	7.77%	34.37
000783	CAKE, STRAWBERRY SHORTCAKE		1 SLICE	\$0.00	0	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	0.00
000743	CANTELOUPE CHUNKS		SERVING	\$0.00	27	0.15	5.03%	12.80	0.00	0.72	0.04	1.35%	6.53
000513	CANTELOUPE WEDGE		SERVING	\$0.00	19	0.10	5.03%	8.80	0.00	0.50	0.03	1.35%	4.49
000574	CARROTS STEAMED		4 OZ	\$0.00	76	4.61	54.65%	94.14	10.17	3.74	2.57	30.43%	8.77
900053	CARROTS, BABY/ RANCH DRESSIN		SERVING	\$0.00	34	0.59	15.58%	91.11	1.02	1.65	0.19	5.01%	6.54
000612	CARROTS, GLAZED (CENT)		1/2 CUP	\$0.00	112	4.78	38.34%	331.07	0.00	1.70	0.97	7.74%	17.46
000608	CARROTS, HONEY GLAZED		1/2 CUP	\$0.00	121	4.78	35.66%	328.57	0.00	1.73	0.97	7.20%	20.30
000613	CARROTS, ORANGE GLAZED		1/3 CUP	\$0.00	48	1.93	35.77%	133.22	0.00	0.75	0.39	7.21%	7.73
000087	CARROTS, WARM		.5 CUP	\$0.00	128	11.88	83.44%	176.03	0.00	2.41	2.23	15.66%	5.74
000316	CAULIFLOWER SPICY TAPAS		3 OZ	\$0.00	35	1.46	37.66%	26.91	0.00	2.14	0.20	5.22%	5.02
000271	CAULIFLOWER W/CHEESESauce		.5 CUP	\$0.00	133	1.10	7.44%	1.64	0.00	3.94	0.16	1.11%	31.65
000265	CAULIFLOWER&BROCCOLI COOKE		1/2 CUP	\$0.00	19	0.21	10.21%	17.46	0.00	2.39	0.03	1.56%	3.55
000816	CAULIFLOWER, GARLIC MASHED		4 oz	\$0.00	26	0.51	17.61%	17.01	0.00	2.61	0.08	2.74%	4.66
000820	CAULIFLOWER, MASHED GARLIC		1/2 CUP	\$0.00	73	6.35	77.85%	60.94	16.27	2.62	3.92	48.05%	3.81
900112	CAULIFLOWER, PARMESAN GARLI		1/2 CUP	\$0.00	88	7.31	74.69%	112.36	19.20	2.65	4.50	45.96%	4.00
000264	CAULIFLOWER,raw: fresh		CUP	\$0.00	25	0.10	3.60%	30.00	0.00	2.50	0.02	0.54%	5.30
000025	CAULIFLOWER: fresh boiled		1/4 CUP	\$0.00	7	0.14	17.61%	4.65	0.00	0.71	0.02	2.74%	1.27
900055	CELERY AND CARROTS		SERVING	\$0.00	84	3.39	36.33%	371.01	8.59	1.99	0.92	9.88%	11.32
000267	CELERY STICKS		1/2 CUP	\$0.00	12	0.13	9.56%	59.42	0.00	1.19	0.03	2.36%	2.21
900056	CELERY STICKS		.5 CUP	\$0.00	12	0.13	9.56%	59.42	0.00	1.19	0.03	2.36%	2.21
000146	CELERY STICKS W/BLUE CHEESE		SERVING	\$0.00	10	0.69	59.77%	31.94	0.57	0.39	0.12	10.16%	0.87
000125	CELERY STICKS W/DIP		SERVING	\$0.00	154	16.09	94.19%	239.60	9.45	0.26	2.84	16.63%	1.42
000151	CELERY STICKS W/PEANUT BUTTE		SERVING	\$0.00	169	14.31	76.11%	142.92	0.00	1.96	2.92	15.55%	6.02
000385	CEREAL BAR W/WHEAT TOAST		SERVINGS	\$0.00	262	5.28	18.15%	282.89	5.00*	3.67	1.34	4.62%	48.38
001072	CEREAL W/WHEAT TOAST		SERVING	\$0.00	193	3.02	14.04%	320.28	0.00	2.30	0.26	1.23%	36.25
000728	CEREAL/GO GOURT		SERVING	\$0.00	200	3.31	14.92%	240.30	5.00	1.14	0.43	1.92%	36.92
000814	CEREALW/ YOGURT		SERVING	\$0.00	240	4.82	18.06%	285.49	10.03	1.14	1.43	5.35%	42.97

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000445	CHARACTER GRAHAMS	USDA G-08A	PKG	\$0.00	120	4.00	30.00%	100.00	0.00	3.00	0.00	0.00%	21.00
500046	CHEESE SAUCE		2 TBSP	\$0.00	49	2.53	46.46%	175.00	5.00	0.10	1.21	22.17%	3.30
000300	CHEESE SAUCE		2 oz	\$0.00	20	0.75	33.76%	155.00	2.50	0.00*	0.02	1.12%	3.00
000102	CHEESE STEAK HOAGIE		EACH	\$0.00	457	19.86	39.08%	1405.32	60.74	1.37	8.52	16.76%	44.59
000095	CHEESE STEAK SANDWICH		EACH	\$0.00	468	20.74	39.84%	1217.40	69.25	1.23	9.70	18.64%	44.37
000751	CHEESE STEAK SANDWICH, PIZZA		EACH	\$0.00	461	21.51*	42.00%	1269.85	69.25*	1.90	9.70*	18.94%	41.09
000342	CHEESE STEAK WRAP		WRAP	\$0.00	348	15.36	39.72%	660.00	45.00	1.19	7.27	18.80%	33.35
000175	CHEESE STEAK WRAP		EACH	\$0.00	244	12.58	46.37%	803.64	35.82	1.01	5.55	20.44%	19.92
000184	CHEESE STEAK WRAP (SEC)		EACH	\$0.00	487	24.96	46.15%	1345.31	69.25	2.20	11.02	20.38%	39.60
900059	CHEESE,MOZZARELLA,LITE-COMM		1 OZ	\$0.00	64	3.06	43.39%	149.68	9.64	0.00	1.94	27.56%	0.89
900061	CHEESEBURGER SLIDERS- ELEM	USDA G-03A	SERVING	\$0.00	431	18.07	37.76%	846.92	50.26	2.17	7.21	15.06%	43.58
000757	CHEESEBURGER SLIDERS- SEC		SERVING	\$0.00	648	27.09	37.59%	1296.76	75.39	3.26	10.81	15.00%	66.09
000122	CHEESEBURGER w/ROLL		EACH	\$0.00	395	15.19	34.60%	1182.25	63.32	2.27	6.34	14.44%	39.83
000631	CHEESY BAGEL (ELE)		SERVING	\$0.00	397	19.26	43.62%	1152.09	53.30	1.03	11.16	25.29%	35.79
000379	CHEESY BROCCOLI RICE		SERVINGS	\$0.00	51	1.52	26.62%	371.56	0.16*	1.20	0.30	5.19%	8.24
000777	CHEESY RICE		SERVINGS	\$0.00	42	1.41	30.53%	362.49	0.16*	0.07	0.28	6.05%	6.44
000661	CHEESY SCRAM. EGGS W/ SAUSA		2 OZ	\$0.00	364	31.38	77.53%	834.60	268.03	0.08*	12.33	30.46%	2.30
000275	CHEESY SCRAM. EGGS W/ T. BAC		2 OZ	\$0.00	179	12.75	64.03%	479.60	230.53	0.08	5.45	27.39%	2.30
000749	CHEESY SCRAM. EGGS W/ T. HAM		2 OZ	\$0.00	170	10.75	56.92%	630.41	243.44	0.13	4.76	25.21%	2.88
000571	CHEETOS, BAKED		.5 oz	\$0.00	161	10.05	56.25%	201.06	0.00	2.01	3.02	16.87%	14.07
000197	CHEF'S SALAD (ELE)	USDA H-02	Serving	\$0.00	305	20.12	59.35%	956.89	142.24	3.29	6.24	18.41%	17.60
000155	CHEF'S SALAD (Sec)		Serving	\$0.00	277	15.15	49.27%	1050.64	141.65	3.96	5.52	17.94%	21.65
000018	CHERRIES, SWEET DRIED		1/2 CUP	\$0.00	308	0.00	0.00%	2.27	0.00	2.27	0.00	0.00%	72.57
000619	CHERRY CRISP(CENT)		SERVINGS	\$0.00	220	7.79	31.83%	89.95	0.00	1.54	1.56	6.39%	36.82
000672	CHERRY CUP		1/2 CUP	\$0.00	52	0.49	8.50%	1.45	0.00	1.74	0.01	0.19%	12.42
000269	CHERRY FLUFF		4 OZ.	\$0.00	256	7.38	25.91%	108.07	20.74	1.26	4.69	16.47%	47.08
000709	CHERRY TOMATOES WITH DIP		SERVING	\$0.00	24	0.53	20.23%	28.46	0.57	1.23	0.14	5.17%	4.45
000831	CHICK STRIPS, SPICY, ROLL (E)		SERVING	\$0.00	245	10.56	38.74%	564.76	34.23*	2.86*	2.36	8.67%	26.22
000832	CHICK STRIPS, SPICY, Roll (S)		SERVING	\$0.00	305	14.19	41.83%	670.41	45.49*	2.07*	3.11	9.18%	28.75
000836	CHICKEN CHEESE STEAK, BUFFAL		Serving	\$0.00	465	18.28	35.38%	1411.34	46.33	1.33	7.12	13.78%	46.30
990006	CHICKEN , BUFFALO MEATBALL	USDA H-02	EACH	\$0.00	395	11.03	25.10%	1527.54	56.50	1.23	4.65	10.58%	48.28
000202	CHICKEN AND NOODLES SOUP(CE		CUP	\$0.00	277	7.37	23.93%	152.15	70.91	1.64	2.04	6.61%	24.71
000766	CHICKEN BURGER ON ROLL		PATTY	\$0.00	263	8.03	27.49%	801.96	70.00	3.21	2.50	8.57%	30.62
000718	CHICKEN CAESAR HOAGIE (SEC)		SERVING	\$0.00	515	22.91	40.03%	1361.30	54.10	2.42	8.12	14.19%	55.42
000003	CHICKEN CAESAR SALAD (Elem)		Serving	\$0.00	244	14.68	54.21%	669.12	35.16	2.86	5.30	19.56%	13.75
000005	CHICKEN CAESAR SALAD (Sec)		Serving	\$0.00	459	23.11	45.33%	1313.00	48.44	5.79	5.87	11.52%	39.08
000163	CHICKEN CAESAR WRAP(ELEM)		Serving	\$0.00	207	10.86	47.12%	627.85	23.07	1.11	2.67	11.59%	15.79
000079	CHICKEN CAESAR WRAP(SEC)		Serving	\$0.00	418	21.51	46.35%	1282.54	43.61	1.92	6.69	14.42%	28.32
000716	CHICKEN CALIFORNIA GRILLED W		SERVING	\$0.00	405	17.67	39.28%	944.71	40.85	3.56	4.47	9.93%	40.94
900005	CHICKEN CHEESE STEAK, BUFFAL		1/4 CUP	\$0.00	90	1.84	18.50%	24.96	0.00	1.37	0.28	2.77%	17.24
000817	CHICKEN CHEESEBURGER ON RO	USDA H-02	PATTY	\$0.00	319	12.59	35.56%	953.83	82.66	3.21*	5.54	15.65%	31.12
001052	CHICKEN CORDON BLEU SANDWIC		EACH	\$0.00	437	23.59	48.55%	1133.93	64.08	1.84	7.44	15.32%	31.95
000680	CHICKEN FAJITAS- CENT		EACH	\$0.00	461	20.38	39.82%	1375.40	104.94	2.79	9.20	17.97%	39.71
900064	CHICKEN FILET ON ROLL		EACH	\$0.00	200	3.03	13.61%	713.53	1.60	2.18	0.81	3.65%	38.50
500059	CHICKEN GRAVY		2 TBSP	\$0.00	23	1.50	58.68%	35.00	0.00	0.10	0.31	12.11%	1.99
500052	CHICKEN NOODLE SOUP		CUP	\$0.00	98	2.16	19.85%	206.97	25.98	0.69	0.53	4.83%	12.19
000503	CHICKEN NUGGETS W/ WO WHT P		SERVING	\$0.00	515	13.17	23.00%	1282.81	50.40	4.28	2.41	4.21%	81.74
000011	CHICKEN NUGGETS W/PRET. - S		7 EACH	\$0.00	304	14.09	41.75%	680.10	58.80	0.16	2.80	8.31%	27.27

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## Recipe Master List

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No.	Description	Source	Portion Size	Unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
900062	CHICKEN NUGGETS W/WO DIPS - E		5 EACH	\$0.00	223	10.05	40.55%	543.44	42.00	0.05	2.01	8.10%	21.36
000665	CHICKEN NUGGETS W/WO DIPS - S		6 EACH	\$0.00	262	12.05	41.42%	626.64	50.40	0.05	2.41	8.27%	24.16
900063	CHICKEN NUGGETS-C-LF		SERVING(5	\$0.00	210	8.00	34.28%	640.00	50.00	1.00	2.00	8.57%	15.00
000104	CHICKEN PARMESAN w/ ROLL		EACH	\$0.00	460	15.79	30.92%	1000.64	41.85	2.57	3.18	6.23%	58.17
900065	CHICKEN PATTY SPICY W/ROLL		SERVING	\$0.00	453	23.25	46.21%	863.72	52.86	2.01	5.04	10.01%	39.79
000196	CHICKEN PATTY w/ ROLL (CENT)		EACH	\$0.00	423	14.12	30.07%	1196.95	42.61	3.26	2.84	6.05%	56.51
000572	CHICKEN POPCORN (ELEM)		serving	\$0.00	207	10.67	46.38%	685.41	45.42	0.99	1.97	8.55%	17.09
000203	CHICKEN POPCORN W/PRET (SEC)		serving	\$0.00	280	14.24	45.77%	952.33	60.42	1.45	2.61	8.38%	23.49
000401	CHICKEN QUESADILLA		SLICE	\$0.00	362	16.51	41.02%	1057.88	26.24	4.11	5.31	13.20%	37.47
900093	CHICKEN QUESIDILLA, BUFFALO		SERVING	\$0.00	456	23.03	45.44%	672.89	47.03	4.29	9.26	18.26%	43.98
000768	CHICKEN RANCH TACOS		SERVINGS	\$0.00	576	30.62	47.83%	1478.07	88.66	2.99	10.94	17.09%	43.17
500063	CHICKEN RICE SOUP	USDA H-02A	CUP	\$0.00	112	1.71	13.73%	204.99	14.00	0.48	0.45	3.60%	16.77
000172	CHICKEN SALAD HOAGIE		SERVINGS	\$0.00	425	13.06	27.63%	585.94	70.00	2.54	2.29	4.85%	47.51
000656	CHICKEN SALAD SALAD (Sec)		Serving	\$0.00	170	6.38	33.78%	407.68	35.00	4.25	1.22	6.44%	16.39
000799	CHICKEN SALAD sub recipe		2 oz. SERVI	\$0.00	105	5.88	50.40%	82.78	35.46	0.42	1.14	9.73%	1.54
000787	CHICKEN SALAD, LISAS		1/2 CUP	\$0.00	333	18.13	49.07%	1121.38	85.30	1.10	3.53	9.56%	13.61
000833	CHICKEN SALAD, TROPICAL		SERVING	\$0.00	267	12.06	40.63%	361.39	97.43	0.97	2.75	9.28%	6.59
000123	CHICKEN SANDWICH, BUFFALO		SERVINGS	\$0.00	369	17.79	43.37%	785.45	43.54	1.90	3.04	7.42%	35.63
000771	CHICKEN SANDWICH, HONEY MUS		serving	\$0.00	382	17.57	41.33%	882.60	50.00	2.19	3.81	8.96%	35.87
000642	CHICKEN SNACKERS		SERVING	\$0.00	427	19.26	40.56%	802.72	39.82	1.03	4.19	8.82%	45.67
000030	CHICKEN STRIPS W /PRET (SEC)		SERVING	\$0.00	218	8.10	33.44%	598.84	43.20	1.18	2.00	8.27%	22.91
000178	CHICKEN STRIPS W /Roll (SEC)		SERVING	\$0.00	277	9.78	31.78%	588.27	43.20	2.09	2.42	7.87%	31.89
000310	CHICKEN STRIPS W ROLL (ELEM)		SERVING	\$0.00	222	7.33	29.71%	498.28	32.40	2.87	1.74	7.04%	27.79
000653	CHICKEN SWEET AND SOUR W/ RI		SERVING	\$0.00	559	12.34	19.86%	804.00	45.00	2.60	2.26	3.64%	93.20
000758	CHICKEN TACO WRAP		EACH	\$0.00	323	8.76	24.43%	879.19	27.55	2.71	3.05	8.51%	39.37
000698	CHICKEN TENDERS W /DIPS (SEC)		SERVING	\$0.00	298	10.92	32.99%	689.39	51.25	2.03	2.71	8.20%	32.68
500074	CHICKEN VEGETABLE SOUP	USDA H-04B	CUP	\$0.00	72	1.60	20.05%	280.98	13.00	1.80	0.39	4.86%	8.99
000243	CHICKEN WINGS W/WO ROLL(ELE)		4 small or 4o	\$0.00	331	18.80	51.12%	786.90	128.28	2.10	4.31	11.72%	15.47
000147	CHICKEN WINGS W/WO ROLL(SEC)		6 small or 6 o	\$0.00	183	10.81	53.29%	807.20	57.59	1.07	2.65	13.09%	9.92
000713	CHICKEN WRAP , BUFFALO (ELEM)		Serving	\$0.00	269	12.59	42.04%	663.11	29.25	1.41	4.02	13.44%	25.19
000726	CHICKEN WRAP DELUXE (SEC)		Serving	\$0.00	335	15.56	41.85%	748.43	91.78	1.67	6.41	17.24%	26.86
000725	CHICKEN WRAP,SANTE FE		EACH	\$0.00	496	21.64	39.27%	1046.23	41.53*	3.41	9.16*	16.62%	55.30
000676	CHICKEN WRAPS, BUFFALO (SEC)		Serving	\$0.00	458	20.62	40.55%	1032.44	47.28	3.52	6.77	13.31%	48.46
000405	CHICKEN&CHEESE QUESADILLA		EACH	\$0.00	320	16.00	45.00%	1180.00	40.00	1.00	8.00	22.50%	29.00
000167	CHICKEN, GENERAL TSO'S		SERVING	\$0.00	269	11.92	39.85%	809.38	45.00	3.11	2.14	7.16%	28.76
000366	CHICKEN, OVEN BAKED		serving	\$0.00	216	12.40	51.67%	370.00	47.00	0.00	0.00	0.00%	11.60
000165	CHICKEN, POPCORN (SEC)		serving	\$0.00	271	14.18	47.04%	919.83	60.42	1.32	2.61	8.65%	21.74
000650	CHICKEN, SWEET AND SOUR		SERVING	\$0.00	269	11.92	39.85%	809.38	45.00	3.11	2.14	7.16%	28.76
000678	CHILI BOWL W/ TOSTITO SCOOPS		1/2 CUP	\$0.00	374	17.39	41.86%	430.69	69.01*	4.15	6.23	15.00%	31.04
000829	CHILI CHEESE WRAP		SERVING	\$0.00	300	11.00	33.00%	670.00	10.00	4.00	3.00	9.00%	36.00
000588	CHOCOLATE FRUIT CLUSTER		EACH	\$0.00	289	10.20	31.76%	264.00	4.30	0.00	3.80	11.83%	46.00
000004	CHOCOLATE MOUSSE		SERVING	\$0.00	151	3.76	22.34%	170.58	0.00*	0.69*	1.01	5.99%	26.15
000171	CHOW MEIN		Serving	\$0.00	243	15.62	57.95%	821.94	23.94	3.71	6.68	24.78%	12.29
000330	CHURRO		1/2 STICK	\$0.00	72	4.01	50.27%	57.61	5.00	1.10	1.00	12.57%	8.46
000413	COLESLAW		3 oz. serving	\$0.00	50	0.13	2.25%	99.28	0.00	0.71	0.02	0.37%	10.64
900085	COOKIE, CAMDEN CREEK ASSORT		EACH	\$0.00	172	9.11	47.65%	60.75	20.25	0.00*	3.54	18.53%	19.24
000767	COOKIE, CHOC CHIP BENE 1 OZ		cookie	\$0.00	110	3.67	30.03%	119.64	8.60	0.96	1.21	9.87%	17.99
000741	COOKIE, CHOC CHIP BENEFIT 1.33		COOKIE	\$0.00	147	4.89	30.00%	159.40	11.46	1.28	1.61	9.88%	23.97

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No.	Description	Source	Portion Size	Unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
000006	COOKIE, FOUR LEAF CLOVER		each	\$0.00	172	9.11	47.65%	60.75	20.25	0.00*	3.54	18.53%	19.24
000824	COOKIE, OATMEAL RAIS BENE 1 O		COOKIE	\$0.00	110	3.65	29.76%	93.44	7.04	1.12	1.05	8.56%	17.92
000218	COOKIE, PUMPKIN		SERVING	\$0.00	120	5.00	37.50%	90.00	5.00	1.00	1.50	11.25%	17.00
000140	COOKIE, SUPERSTAR		BAG	\$0.00	120	4.00	30.00%	100.00	0.00	3.00	0.00	0.00%	21.00
900047	COOKIES VANILLA WAFFERS		SERVING	\$0.00	94	3.75	35.99%	75.00	0.00	0.62	0.94	8.98%	13.75
000733	COOKIES, ALPHABET		SERVING	\$0.00	133	4.02	27.27%	110.65	0.00	1.01	1.01	6.82%	22.13
000211	COOKIES, GINGER		EACH	\$0.00	165	4.86	26.45%	206.23	27.49	0.55	2.88	15.67%	28.87
990012	COOKIES, SPRING GRAHAM		SERVING	\$0.00	120	4.00	30.00%	100.00	0.00	3.00	0.00	0.00%	21.00
000217	COOKIES, SUGAR		EACH	\$0.00	110	3.67	30.03%	119.64	7.37	0.96	1.00	8.16%	17.99
000838	COOKIES, WINTER WONDERLAND		SERVING	\$0.00	130	4.00	27.69%	115.00	0.00	0.00	0.00	0.00%	20.00
900037	CORN & PEAS		1/2 CUP	\$0.00	64	0.38	5.35%	29.21	0.00	3.18	0.06	0.85%	13.62
000585	CORN (CENT)		1/2 CUP	\$0.00	66	0.76	10.33%	244.36	0.00	1.56	0.14	1.89%	15.42
000295	CORN CHOWDER	VEG.RESRC.G	CUPS	\$0.00	91	2.27	22.54%	460.72	2.73	2.20	0.53	5.28%	16.32
900073	CORN DOG	SF-98361	EACH	\$0.00	332	17.17	46.60%	1019.59	56.70	1.17	3.98	10.79%	34.25
000032	CORN ON THE COB		EACH	\$0.00	59	0.47	7.16%	151.20	0.00	1.76	0.07	1.10%	14.07
000723	CORN POTATO CHOWDER	VEG.RESRC.G	1 CUP	\$0.00	262	3.92	13.50%	864.43	2.44	5.49	0.83	2.84%	57.07
000115	CORN, MEXICAN		3OZ	\$0.00	76	0.66	7.89%	69.43	0.00	2.10	0.10	1.22%	17.93
000632	CORNBREAD AND SAUSAGE(ELE)		SERVINGS	\$0.00	450	33.00	66.00%	810.00	85.00	1.00*	10.00	20.00%	27.00
000622	CORNBREAD, SARA LEE PRE-CUT		PIECE	\$0.00	220	11.00	45.00%	290.00	40.00	1.00	2.00	8.18%	27.00
000746	COTTON CANDY ICE CREAM		PUSH UP	\$0.00	90	3.50	35.00%	35.00	10.00	0.00	2.00	20.00%	14.00
000302	COUSCOUS		3 OZ	\$0.00	95	0.14	1.29%	4.25	0.00	1.19	0.02	0.23%	19.75
000232	CRACKERS		4 EACH	\$0.00	51	1.36	23.87%	128.64	0.00	0.36	0.20	3.48%	8.51
900031	CRACKERS,PRETZEL GOLDFISH		.75 OZ BAG	\$0.00	91	2.03	20.00%	303.86	0.00	0.51	0.00	0.00%	15.19
900036	CRANBERRY SAUCE		SERVING	\$0.00	86	0.09	0.89%	16.44	0.00	0.57	0.01	0.08%	22.06
000337	CRUNCHY MUNCHY MEAL		SERVING	\$0.00	171	9.94	52.22%	412.72	25.31	2.02*	6.21	32.62%	13.64
000638	CRY BABY/ TYPHOON WATER ICES		SERVING	\$0.00	130	0.00	0.00%	32.00	0.00*	0.00	0.00	0.00%	33.00
000377	CUCUMBER AND CARROTS		SERVING	\$0.00	16	0.27	14.77%	43.20	0.54	1.01	0.06	3.56%	3.24
000722	CUCUMBER SALAD		4OZ	\$0.00	15	0.08	4.46%	1.13	0.00	0.35	0.01	0.41%	3.17
000148	CUCUMBER STICKS W/DIP		SERVING	\$0.00	9	0.27	26.89%	20.34	0.54	0.33	0.06	6.04%	1.35
000523	CURIOUS GEORGE FRUIT SNACKS		EACH	\$0.00	100	1.00	9.00%	30.00	0.00	0.00*	0.15	1.35%	22.00
000359	DONUT		EACH	\$0.00	270	11.00	36.67%	350.00	0.00	0.91	2.50	8.33%	38.00
000190	DORITOS, NACHO CHEESE		BAG	\$0.00	90	2.62	26.20%	165.00	0.00	1.50	0.38	3.75%	15.75
000242	DOUBLEBURGER w/ROLL		EACH	\$0.00	504	25.66	45.78%	683.89	119.15	1.06	10.20	18.20%	29.00
000507	EGG & CHEESE ON BAGEL (E&MS)		EACH	\$0.00	334	13.08	35.27%	694.07	128.22	1.03*	6.83	18.41%	36.56
000702	EGG & CHEESE ON BAGEL (HS)		EACH	\$0.00	373	13.03	31.46%	848.79	128.22	1.49*	6.83	16.48%	46.44
000154	EGG HARD BOILED /WHEAT TOAST		1 EACH	\$0.00	156	6.75	38.96%	326.64	212.00	1.00	1.80	10.38%	13.57
000276	EGG NESTER		SERVING	\$0.00	211	12.02	51.18%	256.24	424.00	0.79	3.47	14.78%	10.70
000637	EGG PATCH MEAL		SERVING	\$0.00	270	16.31	54.31%	735.61	240.47	2.30	7.62	25.38%	15.94
000668	EGG SALAD HOAGIE		SERVINGS	\$0.00	370	12.50	30.45%	758.31	224.30	1.67	2.57	6.26%	50.59
000605	EGG SALAD SANDWICH- CENT		SERVINGS	\$0.00	275	11.25	36.80%	514.72	321.44	1.53	3.08	10.06%	28.78
000750	EGG SALAD SLIDERS		SERVINGS	\$0.00	282	11.61	37.02%	324.22	321.44*	0.33*	2.72*	8.67%	31.47
000785	EGG SALAD WRAPS		SERVINGS	\$0.00	379	16.70	39.63%	785.97	224.30	2.61	3.89	9.24%	43.55
000744	EGG WRAP		EACH	\$0.00	274	16.72	54.83%	682.64	197.50	0.95*	5.19	17.03%	18.91
000370	EGG,HARD-BOILED		1 EACH	\$0.00	78	5.31	61.61%	62.00	212.00	0.00	1.63	18.97%	0.56
000818	EGG,HARD-BOILEDW/WHEAT TOA		1 EACH	\$0.00	203	10.64	47.09%	251.32	212.00	1.20	2.77	12.26%	17.52
000633	entree2		SERVING	\$0.00	327	13.71	37.70%	752.31	29.40	1.98	4.66	12.81%	34.72
000410	entree3		EACH	\$0.00	471	22.45	42.91%	1322.57	71.65	1.04	9.97	19.06%	40.90
000373	FETTUCINI ALFREDO W/BROCCO		SERVING	\$0.00	180	5.00	25.00%	400.00	0.00	1.00	1.00	5.00%	31.00

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No.	Description	Source	Portion Size	Unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
000671	FIRECRACKER JUNIOR BAR		EACH	\$0.00	35	0.00*	0.00%	0.00*	0.00*	0.00*	0.00*	0.00%	8.00
000017	FISH SANDWICH		sandwich	\$0.00	360	13.52	33.75%	648.21	30.67	1.11	2.61	6.51%	43.64
900075	FISH SHAPES		3 OZ	\$0.00	183	9.06	44.70%	300.71	40.03	0.01*	1.51	7.45%	12.51
000759	FISH STICKS		4 OZ	\$0.00	256	10.74	37.78%	633.61	60.13*	0.82	1.34*	4.71%	23.81
000364	FORTUNE COOKIE		EACH	\$0.00	10	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	2.00
000371	FRENCH DIP STEAK ON ROLL		SERVING	\$0.00	433	17.02	35.38%	1055.96	58.32	1.23	7.20	14.96%	45.62
000763	FRENCH TOAST STICKS & HAM (EL		SERVING	\$0.00	487	14.67	27.11%	985.83	30.00	0.00	3.17	5.85%	80.13
000121	FRENCH TOAST STICKS & HAM (SE		SERVING	\$0.00	577	18.50	28.86%	1272.50	40.00	0.00	4.00	6.24%	90.80
000120	FRENCH TOAST STICKS (ELE)BRK		SERVING	\$0.00	240	10.50	39.38%	540.00	15.00	0.00	2.25	8.44%	31.50
000137	FRENCH TOAST STICKS (SEC)BRK		SERVING	\$0.00	467	14.00	26.98%	772.50	20.00	0.00	3.00	5.78%	79.80
000135	FRENCH TOAST STICKS&SAUS (EL		SERVING	\$0.00	527	18.00	30.71%	893.10	50.42	0.00	4.08	6.97%	79.96
000562	FRENCH TOAST STICKS/SYRUP -S		SERVING	\$0.00	578	14.99	23.35%	674.70	0.00	2.73	2.04	3.18%	107.16
000239	FRESH FRUIT TRAY		SERVINGS	\$0.00	45	0.26	5.11%	8.62	0.00	1.13	0.05	1.06%	11.26
000245	FRESH FRUIT, ASSORTED, BRKFS		EACH	\$0.00	57	0.21	3.24%	2.03	0.00	2.26	0.04	0.70%	14.81
000747	FRESH FRUIT, ASSORTED, LUNCH		EACH	\$0.00	77	0.25	2.94%	1.08	0.00	3.17	0.06	0.70%	20.04
000462	FRUIT & VEGGIE COMBO PLATTER		PLATTER O	\$0.00	145	0.22	1.39%	36.77	0.00	7.36	0.04	0.25%	34.22
000636	FRUIT AND YOGURT TRAY (ELE)		SERVING	\$0.00	173	0.83	4.30%	52.19	5.00	1.81	0.54	2.81%	38.59
000566	FRUIT COCKTAIL		4 OZ	\$0.00	65	0.08	1.11%	6.80	0.00	1.13	0.01	0.16%	16.93
000216	FRUIT COCKTAIL W/ CHERRIES		4 OZ	\$0.00	105	0.07	0.60%	6.31	0.00	1.35	0.01	0.09%	26.15
000482	FRUIT CUPS, ASST		4OZ	\$0.00	65	0.07	1.01%	5.08	0.00	1.40	0.01	0.09%	17.18
000420	FRUIT SALAD ENTREE (SEC)		SERVING	\$0.00	118	0.59	4.50%	21.55	0.00	2.66	0.13	1.00%	29.68
000238	FRUIT SALAD W/YOGURT (SEC)		SERVING	\$0.00	129	0.77	5.39%	40.10	1.25	1.93	0.32	2.26%	29.67
000312	FRUIT SNACK		EACH	\$0.00	50	0.00	0.00%	0.00	0.00	0.00*	0.00	0.00%	11.00
000389	FUDGE BAR		EACH	\$0.00	100	2.50	22.50%	70.00	0.00*	1.00	2.00	18.00%	19.00
000048	FUNNEL CAKE		EACH	\$0.00	285	9.00	28.44%	360.01	30.00	1.00	2.00	6.32%	46.25
000189	FUNYONS		SERVING	\$0.00	105	5.25	45.00%	202.00	0.00	0.50	0.75	6.43%	13.50
001074	GARLIC BREAD		SERVING	\$0.00	55	0.70	11.42%	116.89	0.00	0.57	0.17	2.79%	10.25
000352	GELATIN CUBES, RAINBO W/WO T		SERVINGS	\$0.00	100	0.00	0.02%	125.67	0.00	0.00	0.00	0.01%	23.63
000587	GELATIN CUPS, SHIMMERING		EACH	\$0.00	53	0.00	0.00%	63.79	0.00	0.00	0.00	0.00%	12.07
000711	GO GURT		TUBE	\$0.00	70	0.50	6.43%	30.00	5.00	0.00	0.00	0.00%	13.00
000128	GO GURT WITH WHEAT TOAST		SERVING	\$0.00	170	2.99	15.81%	186.08	5.00	1.20	0.53	2.82%	29.93
000318	GOLDFISH CRACKERS		.5	\$0.00	70	3.00	38.57%	115.00	0.00	0.00	0.50	6.43%	9.00
000583	GOLDFISH CRACKERS 1 OZ		1 OZ	\$0.00	140	6.00	38.57%	230.00	0.00	0.00	1.00	6.43%	18.00
000207	GOLDFISH PRETZELS, .75 OZ.		PACKAGE	\$0.00	30	0.60	18.00%	107.00	0.00	0.00*	0.10	3.00%	5.50
000261	GRAHAM BUG BITES		POUCH	\$0.00	140	4.50	28.93%	125.00	0.00	0.00*	1.50	9.64%	23.00
000150	GRAPE JUICE		4 fl.oz.	\$0.00	69	0.09	1.18%	3.40	0.00	0.11	0.03	0.37%	16.96
000511	GRAPE TOMATOES WITH DIP		EACH	\$0.00	375	13.50	32.40%	888.02	29.40	1.91	4.10	9.84%	46.50
000080	GRAPEFRUIT HALVES		1/2 EACH	\$0.00	106	0.33	2.81%	0.00	0.00	3.65	0.05	0.39%	26.83
000421	GRAPEFRUIT SECTIONS:cnd,juice		CUP	\$0.00	92	0.22	2.19%	17.43	0.00	1.00	0.03	0.29%	22.93
000422	GRAPES		SERVING	\$0.00	31	0.16	4.70%	0.92	0.00	0.41	0.05	1.53%	7.89
000532	GRAVY		2 OZ	\$0.00	35	0.80	20.80%	483.64	1.13	0.45	0.29	7.67%	5.99
000535	GREEN BEANS (CENT)		4 OZ	\$0.00	40	0.00	0.00%	0.00	0.00	2.67	0.00	0.00%	6.67
000220	GREEN BEANS CASSEROLE		4 OZ	\$0.00	80	3.55	39.92%	278.58	0.42	1.91	1.12	12.61%	8.69
500101	GREEN BEANS IN CHEESE SAUCE	USDA I-11	1/4 CUP	\$0.00	56	3.00	48.19%	327.00	8.00	0.79	1.73	27.78%	3.40
000528	GREEN EGGS & HAM		EACH	\$0.00	99	4.41	40.02%	755.67	128.00	0.01*	1.15	10.45%	1.43
000472	GREEN PEPPER STRIPS		4 strips	\$0.00	32	1.87	52.69%	132.76	3.21	0.24	0.60	16.96%	3.08
000554	GRILLED CHEESE SANDWICH (ELE		1 SANDWIC	\$0.00	307	14.67	42.99%	735.62	37.97	2.00*	9.11	26.71%	27.52
000142	GRILLED CHEESE SANDWICH(SEC)		2 SANDWIC	\$0.00	512	19.44	34.13%	1691.17	45.36	4.00	10.95	19.22%	57.17

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No.	Description	Source	Portion Size	Unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
000453	GRILLED CHICKEN PATTY		PATTY	\$0.00	425	18.48	39.15%	1316.35	30.48	1.45	3.66	7.75%	50.25
000809	GRILLED CHICKEN PATTYW/CHEE		PATTY	\$0.00	478	22.91	43.13%	1527.41	43.80	1.45	6.45	12.14%	50.48
000724	GRILLED PIZZA CHEESE SAND (EL		SERVING	\$0.00	322	14.99	41.86%	788.06	38.82	2.57*	9.24	25.80%	29.97
000720	GRILLED PIZZA CHEESE SAND (SE		SERVING	\$0.00	322	14.99	41.86%	788.06	38.82	2.57*	9.24	25.80%	29.97
000752	GRILLED TUR.HAM&CHEESE SND (		1 SANDWIC	\$0.00	287	11.48	36.00%	899.56	45.72	2.06*	6.51	20.40%	27.59
000760	GRILLED TUR.HAM&CHEESE SND (		2 SANDWIC	\$0.00	501	17.73	31.87%	1489.34	68.59	4.08*	9.76	17.55%	54.39
000480	GYRO		2 HALVES E	\$0.00	449	21.17	42.43%	419.72	74.80*	1.41*	9.01	18.07%	34.61
000173	HAM & CHEESE HOAGIE		EACH	\$0.00	403	10.64	23.74%	2076.47	50.04	1.91	4.89	10.90%	50.50
900076	HAM & CHEESE ON BAGEL (E & MS		EACH	\$0.00	296	7.97	24.24%	1206.89	39.32	1.03	3.19	9.71%	35.11
000701	HAM & CHEESE ON BAGEL (HS)		EACH	\$0.00	384	10.48	24.57%	1339.29	42.46	1.49	5.04	11.80%	45.88
000160	HAM & CHEESE ON KAISER		EACH	\$0.00	92	3.00	29.21%	675.85	30.33	0.00	1.35	13.11%	0.87
900077	HAM & CHEESE ON ROLL		EACH	\$0.00	339	15.09	40.05%	1519.02	40.51	0.95	4.80	12.73%	27.76
000020	HAM & CHEESE ON RYE BREAD		SANDWICH	\$0.00	285	8.85*	27.93%	1508.73	36.59*	3.79*	3.18*	10.03%	33.45
000591	HAM & CHEESE ON WHEAT BREAD		SANDWICH	\$0.00	229	7.99	31.39%	1366.23	41.57	2.00	2.69	10.57%	22.03
000375	HAM & CHEESE PRETZEL SLIDERS		SERVING	\$0.00	275	11.86	38.77%	916.13	39.65*	0.00*	5.78*	18.90%	28.45
000742	HAM & CHEESE WRAP (ELEM)		EACH	\$0.00	272	14.75	48.80%	1116.17	25.00	0.98	4.69	15.50%	21.81
000791	HAM & CHEESE WRAP (SEC)		EACH	\$0.00	417	18.52	39.98%	1583.90	35.00	2.22	5.61	12.11%	42.68
000627	HAM AND CHEESE ON RYE		SERVING	\$0.00	399	15.31	34.53%	2034.40	56.00	3.71	7.20	16.24%	36.51
000536	HAM SLICE ,BAKED		3 OZ	\$0.00	60	2.00	30.01%	640.00	30.00	0.00	0.50	7.50%	1.00
000244	HAM, EGG & CHEESE BAGEL(E&M		SERVING	\$0.00	290	9.08	28.20%	879.90	67.08	1.16	3.73	11.58%	38.02
000695	HAM, EGG & CHEESE BAGEL(HS)		SERVING	\$0.00	342	9.43	24.81%	987.83	67.08	1.51	3.73	9.81%	48.46
000161	HAMBURGER w/BUN		SERVING	\$0.00	342	10.76	28.31%	971.19	50.00	2.27	3.55	9.34%	39.60
000539	HASH BROWN PATTY - (CENT)		PATTY	\$0.00	142	7.04	44.72%	333.68	0.00	2.04	3.01	19.10%	18.02
000153	HOLIDAY		SERVING	\$0.00	0	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	0.00
000512	HONEY DEW WEDGE		EACH	\$0.00	45	0.18	3.50%	22.50	0.00	1.00	0.05	0.95%	11.36
000828	HOT DOG MINI W/CHILI & CHEESE		SANDWICH	\$0.00	425	23.41	49.56%	831.23	53.73	0.61	10.54	22.33%	32.87
900029	HOT DOG ON BUN		EACH	\$0.00	273	15.59	51.40%	843.22	35.00	1.05	5.01	16.51%	24.21
000144	HOT DOG ON BUN (SEC)		2 EACH	\$0.00	623	33.81	48.87%	2433.62	70.00	2.78	11.11	16.06%	59.45
000538	HOT DOG W/WO CHILI & CHEESE		SANDWICH	\$0.00	408	25.08	55.35%	1171.19	43.90*	1.52	7.56	16.69%	30.65
000183	HOT HAM & CHEESE ON KAISER		EACH	\$0.00	386	15.68	36.54%	1623.13	40.51	1.36	4.67	10.89%	36.53
000596	HOT ROAST BEEF SANDWICH		each	\$0.00	322	16.73	46.72%	310.46	41.39	1.08	6.09	17.01%	28.87
000691	HOT ROAST PORK SANDWICH		each	\$0.00	409	21.41	47.06%	339.50	79.90	2.00	7.46	16.40%	26.00
000280	HUMMUS & PITA PLATE		SERVING	\$0.00	241	1.88	7.00%	352.61	0.00	2.56	0.20	0.76%	50.86
000607	HUMMUS- CENT		1/2 CUP	\$0.00	230	8.28	32.44%	419.64	0.00	6.21	1.55	6.08%	31.65
900040	ICE CREAM,CUP-VANILLA/CHOC		EACH	\$0.00	100	5.00	45.00%	45.00	20.00	0.00	3.50	31.50%	11.00
000157	ITALIAN BREAD		PIECE	\$0.00	111	5.28	42.90%	207.15	0.00	0.50	1.01	8.18%	14.03
000688	ITALIAN HOAGIE-ELE		EACH	\$0.00	368	14.01	34.25%	1443.58	61.19	2.37	6.58	16.08%	37.73
000073	ITALIAN HOAGIE-SEC		EACH	\$0.00	461	16.91	33.02%	1524.98	73.62	2.37	7.90	15.43%	47.19
000469	ITALIAN PANINI		SERVINGS	\$0.00	563	22.30	35.61%	2120.95	76.97*	2.29	10.35	16.53%	58.91
500113	ITALIAN SEASONING MIX	USDA G-01	2 TBSP	\$0.00	14	0.37	23.79%	1.00	0.00	2.10	0.07	4.50%	3.21
000659	ITALIAN WRAP		EACH	\$0.00	464	18.49	35.85%	1763.79	70.40	3.95	8.15	15.80%	45.16
000129	JELL-O W/WO TOPPING		3 OZ	\$0.00	56	0.00	0.05%	69.04	0.00	0.00	0.00	0.02%	12.64
000647	JELLO CUPS BLUE SEA W/ FISH		SERVING	\$0.00	76	0.00	0.00%	77.28	0.00	0.00	0.00	0.00%	17.71
900035	JICAMA STRIPS WITH DIP		CUP	\$0.00	39	0.75	17.28%	65.82	1.82	3.32	0.19	4.37%	7.28
000246	JUICE, ASSORTED		4 fl.oz.	\$0.00	63	0.14	1.97%	3.33	0.00	0.17	0.03	0.37%	15.22
900087	JUICE,FROZEN BAR ORANGE		BAR	\$0.00	82	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	20.53
000067	JUICES, ASSORTED		4 fl.oz.	\$0.00	60	0.07	0.99%	11.00	0.00	0.00	0.00	0.00%	15.37
000593	KID'S MIX		EACH	\$0.00	130	4.50	31.15%	240.00	0.00	1.00	1.00	6.92%	20.00

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No.	Description	Source	Portion Size	Unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholest	G Fiber	Sat Fat	% Sat Fat	G Carb
000209	KIWIFRUIT, FRESH		SERVING	\$0.00	23	0.20	7.67%	1.14	0.00	1.14	0.01	0.43%	5.57
000837	LA CINNAMON BREAD		SLICE	\$0.00	350	11.00	28.28%	430.00	0.00	5.00	1.50	3.86%	61.00
000402	LASAGNA		ROLL	\$0.00	234	9.20	35.39%	364.00	123.00	1.10	5.60	21.54%	20.10
500114	LASAGNA WITH GROUND BEEF	USDA D-25	SERVINGS	\$0.00	269	8.69	29.07%	406.00	33.98	2.29	4.69	15.69%	28.34
000577	LEMON BAR		piece	\$0.00	42	0.77	16.54%	66.90	0.00	3.74	0.14	2.92%	8.77
000454	LEMON YOGURT CUP, FROZEN		SERVINGS	\$0.00	152	2.56	15.10%	195.57	1.00	0.75	0.58	3.41%	29.02
000417	LEMONADE CUP		4 oz. cup	\$0.00	60	0.00	0.00%	1.40	0.00	0.00	0.00	0.00%	15.40
990007	LETTUCE & TOMATO		1lf,2slc	\$0.00	18	0.19	9.34%	10.20	0.00	1.43	0.03	1.27%	3.86
000103	LETTUCE /TOMATO/ONION/PICKLE		1lf,2slc,1scl	\$0.00	20	0.19	8.51%	496.44	0.00	1.53	0.03	1.23%	4.42
000187	LETTUCE WEDGE(CENT)		SERVINGS	\$0.00	32	2.35	65.74%	154.44	0.00	0.82	0.32	9.06%	2.61
500116	MACARONI AND CHEESE	USDA D-26	2/3 CUP	\$0.00	296	12.18	37.03%	896.00	30.99	0.89	6.83	20.75%	27.44
000093	MACARONI AND CHEESE (CENT)		6 OZ	\$0.00	448	25.85	51.87%	823.48	79.89	1.24	15.13	30.36%	31.20
000473	MACARONI AND CHEESE SIDE		3 OZ	\$0.00	182	9.46	46.78%	287.97	28.26	0.62	5.86	28.99%	15.00
500129	MACARONI AND CHEESE(NEW)	USDA D-51	2/3 CUP	\$0.00	325	13.63	37.74%	474.98	22.99	1.49	5.93	16.42%	32.70
000362	MACARONI SALAD		1/2 cup	\$0.00	130	6.00	41.54%	370.00	5.00	1.00	1.00	6.93%	16.50
000547	MANDARIN ORANGES - L		4 OZ	\$0.00	73	0.00	0.00%	8.10	0.00	0.81	0.00	0.00%	17.82
000827	MANGO		SERVING	\$0.00	37	0.15	3.74%	1.13	0.00	1.02	0.04	0.91%	9.64
000563	MASHED POTATO BOWL		servings	\$0.00	336	12.48	33.42%	1642.81	45.20	4.17	2.37	6.33%	44.03
000765	MASHED POTATOES, PEARLS	Basic American	3 OZ. SERVI	\$0.00	58	0.79	12.21%	529.32	0.00	1.14	0.20	3.06%	11.54
001067	MASHED POTATOES, PEARLS & GR	Basic American	3 oz. serving	\$0.00	112	2.36	19.02%	696.90	3.74	1.27	0.74	5.96%	19.84
000714	MASHED POTATOES, PEARLS GAR	Basic American	3 oz. serving	\$0.00	113	2.36	18.78%	697.02	3.74	1.31	0.74	5.89%	20.18
000804	MASHED POTATOES, QUICK	Basic American	4 OZ. SERVI	\$0.00	77	1.62	18.90%	335.00	0.03	1.10	1.45	16.92%	14.57
000028	MAX STICKS W / SAUCE (ELEM)		2 sticks	\$0.00	351	14.65	37.61%	924.89	11.70	5.13	5.26	13.50%	36.91
000314	MAX STICKS W / SAUCE (SEC)		3 sticks	\$0.00	511	21.65	38.16%	1334.89	16.70	7.13	7.76	13.68%	52.91
000823	MEAT LOAF		1" SLICE	\$0.00	311	17.06	49.38%	179.41	112.98	1.82	5.83	16.86%	9.80
000475	MEATBALL SANDWICH (Elem)		SERVING	\$0.00	332	15.78	42.74%	1055.07	39.06	3.11	5.72	15.49%	31.50
900089	MEATBALL SANDWICH (SEC)		SERVING	\$0.00	502	20.26	36.33%	1486.96	55.63	3.51	8.15	14.62%	54.71
000708	MELON CUP		SERVING	\$0.00	29	0.15	4.50%	14.17	0.00	0.74	0.04	1.21%	7.20
000683	MELON SLICES, FRESH		SERVINGS	\$0.00	38	0.18	4.32%	13.23	0.00	0.79	0.04	0.95%	9.37
000489	MILK - VARIETY,ELEMENTARY		HALF PINT	\$0.00	119	1.95	14.74%	140.00	11.65	0.00	1.18	8.93%	19.99
000710	MILK - VARIETY,SECONDARY		HALF PINT	\$0.00	148	2.41	14.70%	206.05	10.20	0.00	1.47	8.95%	25.27
000228	MILK,1% Chocolate		HALF PINT	\$0.00	158	2.50	14.29%	152.50	7.50	1.25	1.54	8.80%	26.10
000230	MILK,1% Lowfat		HALF PINT	\$0.00	102	2.37	20.79%	107.36	12.20	0.00	1.54	13.56%	12.18
000227	MILK,2% Chocolate		HALF PINT	\$0.00	190	4.75	22.50%	165.00	20.00	1.75	2.94	13.94%	30.33
000229	MILK,2% Lowfat		HALF PINT	\$0.00	122	4.81	35.46%	100.04	19.52	0.00	3.07	22.63%	11.42
000231	MILK,Skim		HALF PINT	\$0.00	83	0.20	2.12%	102.90	4.90	0.00	0.12	1.35%	12.15
000226	MILK,Whole		HALF PINT	\$0.00	146	7.93	48.75%	97.60	24.40	0.00	4.55	27.98%	11.03
000667	MINI BLUEBERRY MUFFIN- ELEM		SERVING	\$0.00	90	3.50	35.00%	80.00	7.50	0.40	1.00	10.00%	13.50
000082	MINI BLUEBERRY MUFFINS-SEC		SERVING	\$0.00	180	7.00	35.00%	160.00	15.00	0.80	2.00	10.00%	27.00
000441	MINI CHEESE BURGERS		2 PATTIES	\$0.00	185	9.00	43.78%	445.00	22.50	1.00	4.00	19.46%	17.00
000306	MINI CHOC COOKIE		each	\$0.00	160	7.00	39.37%	0.00	0.00	0.00*	2.00	11.25%	24.00
000336	MINI CORN DOGS		SERVING	\$0.00	0	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	0.00
000156	MINI EGG ROLL		EACH	\$0.00	0	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	0.00
000372	MINI EGGROLL /SPARERIB DUNKE		SERVINGS	\$0.00	317	14.21	40.38%	1338.93	31.77	2.04	4.70	13.35%	36.84
000621	MINI MUFFIN		SERVING	\$0.00	97	4.17	38.79%	91.67	11.67	0.63	0.92	8.54%	13.67
000443	MINI PEPPERONI CALZONES (SEC)		SERVING	\$0.00	460	25.00	48.91%	1200.00	15.00	2.00	11.00	21.52%	39.00
000066	MIXED FRUIT		cup	\$0.00	70	0.00	0.00%	15.00	0.00	1.00	0.00	0.00%	18.00
000113	MIXED VEGETABLE		SERVINGS	\$0.00	129	9.04	63.22%	141.37	0.00	2.65	1.56	10.92%	10.53

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No.	Description	Source	Portion Size	Unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
000433	MIXED VEGETABLES		1/2 cup	\$0.00	59	0.14	2.08%	31.85	0.00	4.00	0.03	0.43%	11.91
000072	MOZZARELLA STICKS (SEC)		5 EACH	\$0.00	482	19.10	35.70%	913.59	26.70	4.02	8.06	15.06%	55.06
000391	MOZZARELLA STICKS(ELEM)		4 EACH	\$0.00	412	15.77	34.48%	777.59	21.70	3.69	6.56	14.35%	48.73
000333	MUFFIN WITH TOAST		SERVING	\$0.00	255	10.38	36.68%	352.32	29.00	2.60	1.88	6.63%	38.54
000687	NACHOS W/WO GB/T & CHEESE- E		SERVINGS	\$0.00	358	14.62	36.73%	1294.52	73.82	3.43	6.52	16.38%	28.33
000686	NACHOS W/WO GB/T & CHEESE- S		SERVINGS	\$0.00	477	22.13	41.78%	1270.65	85.71	4.23	9.82	18.54%	35.50
000024	NACHOS W/WO MEAT & CHEESE-		SERVINGS	\$0.00	240	13.28	49.74%	877.12	56.10	2.39	5.96	22.32%	22.24
000027	NACHOS W/WO MEAT & CHEESE-		SERVINGS	\$0.00	501	29.67	53.26%	1586.80	64.89	2.93	8.33	14.95%	47.20
000083	NECTARINES,FRESH		EACH	\$0.00	60	0.44	6.55%	0.00	0.00	2.31	0.03	0.51%	14.35
000145	NO SCHOOL TODAY		SERVING	\$0.00	0	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	0.00
000016	NOODLES, BUTTERED		1/2 CUP	\$0.00	240	9.33	34.93%	198.52	38.30	1.50	2.02	7.55%	32.58
000287	NUTRI GRAIN BAR W/WHEAT TOAS		each	\$0.00	218	4.90	20.20%	253.67	0.00	2.91	0.87	3.57%	38.68
000323	OATMEAL		CUP	\$0.00	249	2.50	9.05%	15.76	0.00	3.85	0.44	1.60%	51.86
000773	OATMEAL BAR		SERVINGS	\$0.00	187	3.48	16.74%	86.99	0.00*	4.03*	0.92	4.43%	37.92
000625	OLIVES W FETA CHEESE		SERVING	\$0.00	108	9.29	77.69%	539.37	26.90	0.49	4.74	39.67%	2.29
000734	OMELET , CHEESE W/ WHEAT TOA		SERVING	\$0.00	214	12.97	54.66%	417.72	190.00	1.13*	3.91	16.49%	15.40
000086	ORANGE		SERVING	\$0.00	23	0.06	2.30%	0.00	0.00	1.15	0.01	0.38%	5.64
000573	ORANGE JUICE - L		4 OZ	\$0.00	60	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	13.00
000576	ORANGE WEDGES		SERVING	\$0.00	31	0.08	2.30%	0.00	0.00	1.57	0.01	0.38%	7.70
000085	ORANGES HALVES		1/2 EACH	\$0.00	23	0.06	2.30%	0.00	0.00	1.15	0.01	0.38%	5.64
000775	PANCAKE SAUSAGE ON STICK		SERVING	\$0.00	320	15.00	42.19%	370.00	25.00	1.00	5.00	14.06%	41.67
000134	PANCAKES (SEC)		SERVING	\$0.00	330	10.50	28.64%	1815.00	75.00	6.00	0.18	0.49%	157.00
000403	PANCAKES(ELEM)		SERVING	\$0.00	268	7.95	26.64%	1236.08	50.00	4.00	0.28	0.95%	115.01
000772	PANCAKES, SILVER DOLLAR		Serving	\$0.00	280	6.00	19.29%	400.00	10.00	2.00	1.00	3.21%	54.67
000652	PANINI DRESSING		SERVING	\$0.00	31	3.41	100.06	23.67	0.00	0.05	0.88	25.92%	0.10
000842	PASTA BAR		1 1/2 CUPS	\$0.00	235	7.26	27.84%	619.37	9.52	4.35	2.00	7.65%	34.79
000807	PASTA SALAD SIDE		3/8 CUP	\$0.00	130	8.75	60.74%	464.52	4.75	0.89	1.98	13.73%	10.20
000681	PASTA SIDE		1/2 CUP	\$0.00	94	3.09	29.59%	308.76	0.00	2.37	0.42	4.05%	15.17
000781	PASTA, BAKED CASSEROLE		1/2	\$0.00	10	1.08	101.81	3516.09	0.00	0.00	0.15	14.06%	0.00
000682	PEACH AMBROSIA		1/2 CUP	\$0.00	87	1.31	13.51%	34.94	0.35	0.81	1.09	11.27%	18.61
000623	PEACH AND PEAR MEDLEY		SERVING	\$0.00	67	0.09	1.22%	5.10	0.00	1.64	0.00	0.05%	17.43
000620	PEACH COBBLER(CENT)		SERVINGS	\$0.00	314	6.44	18.49%	414.21	0.00	1.72	1.29	3.70%	59.95
000684	PEACH CRISP (CENT)		SERVINGS	\$0.00	182	3.43	16.96%	34.06	0.00	3.19	0.66	3.27%	36.16
000630	PEACH PARFAIT		SERVING	\$0.00	127	1.18	8.38%	87.16	1.25	0.99	0.38	2.70%	27.55
000570	PEACH SLICES		4 OZ	\$0.00	61	0.03	0.50%	5.67	0.00	1.47	0.00	0.05%	16.50
000639	PEACH SLICES, ROSIE		4 OZ	\$0.00	169	0.03	0.18%	137.78	0.00	1.47	0.00	0.02%	42.16
900043	PEACHES		OZ	\$0.00	15	0.01	0.50%	1.42	0.00	0.37	0.00	0.05%	4.12
000624	PEACHES AND CREAM		SERVING	\$0.00	59	0.04	0.66%	22.54	0.00	1.47	0.00	0.07%	15.07
000601	PEACHES W/ STRAWBERRY GLAZE		SERVING	\$0.00	149	0.04	0.22%	39.51	0.00	1.56	0.00	0.00%	37.59
000769	PEACHES, BAKED CINNAMON		SERVINGS	\$0.00	118	6.12	46.56%	77.00	0.00	1.44	1.24	9.41%	17.23
000088	PEACHES,FRESH		EACH	\$0.00	34	0.22	5.77%	0.00	0.00	1.30	0.02	0.44%	8.30
000158	PEANUT BUTTER AND JELLY SAND		SERVINGS	\$0.00	1098	59.15	48.50%	1097.51	0.00	11.37	11.67	9.57%	113.84
000166	PEANUT BUTTER AND JELLY SAND		SERVINGS	\$0.00	320	16.00	45.00%	320.00	0.00	3.00	3.50	9.84%	33.00
000575	PEAR HALVES - L		4 OZ	\$0.00	65	0.03	0.47%	5.67	0.00	1.81	0.00	0.00%	17.20
900038	PEARS, CHILLED		1/2 CUP	\$0.00	69	0.04	0.47%	6.01	0.00	1.92	0.00	0.00%	18.23
000213	PEARS, SECKEL FRESH		EACH	\$0.00	81	0.17	1.86%	1.39	0.00	4.31	0.01	0.16%	21.49
000090	PEARS,FRESH		EACH	\$0.00	96	0.20	1.86%	1.66	0.00	5.15	0.02	0.16%	25.66
000439	PEAS & CARROTS		SERVINGS	\$0.00	54	0.48	7.88%	77.11	0.00	3.52	0.09	1.44%	11.48

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No.	Description	Source	Portion Size	Unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
990011	PEAS, GREEN BABY		1/2 cup	\$0.00	71	0.24	3.12%	65.32	0.00	4.99	0.05	0.58%	12.94
000813	PEAS, PARMESAN		SERVING	\$0.00	97	0.90	8.33%	113.50	1.83	6.24	0.42	3.85%	16.26
000567	PEAS, SUGAR SNAP W/WO DIP		SERVING	\$0.00	25	0.97	35.53%	91.18	2.50	0.49	0.27	9.70%	3.03
000779	PEAS, SUGAR SNAP ORANGE GING		1/2 CUP	\$0.00	26	2.79	94.85%	19.87	7.32	0.09	1.76	59.75%	0.40
000070	PECAN SPIN		PACKAGE	\$0.00	101	3.95	35.10%	81.00	0.00*	0.00*	0.51	4.50%	16.20
000215	PECAN TART		PACKAGE	\$0.00	170	1.00	5.29%	340.00	0.00	1.00	0.00	0.00%	35.00
000812	PEPPER STRIPS, RED		4 strips	\$0.00	45	2.00	40.31%	134.34	3.21	1.06	0.61	12.30%	5.44
000023	PEPPER STRIPS, RED & GREEN		4 strips	\$0.00	34	1.89	50.33%	132.80	3.21	0.24	0.60	16.09%	3.48
000542	PICKLE CHIPS - L		1.5 OZ	\$0.00	0	0.00	0.00%	364.49	0.00	0.00	0.00	0.00%	0.00
000540	PICKLE SPEAR - L		1.5 OZ	\$0.00	0	0.00*	0.00%	330.00	0.00*	0.00*	0.00*	0.00%	1.50
000042	PICKLES,DILL		EACH	\$0.00	8	0.09	10.50%	568.75	0.00	0.71	0.02	2.70%	1.68
000041	PICKLES,SWEET		EACH	\$0.00	32	0.14	4.05%	159.95	0.00	0.35	0.02	0.66%	7.40
000490	PIEROGIE SIDE (ELEM)		EACH	\$0.00	91	1.71	16.91%	179.82	2.54	0.75	0.61	6.01%	16.15
000604	PIEROGIE SIDE (SEC)		SERVING	\$0.00	184	7.24	35.47%	465.71	15.08	0.01	3.54	17.32%	24.68
000840	PIEROGIE, WINGLESS BUFFALO ele		SERVINGS	\$0.00	314	14.69	42.08%	1227.37	17.89	0.09	4.47	12.81%	37.99
000841	PIEROGIE, WINGLESS BUFFALO se		SERVINGS	\$0.00	419	19.58	42.08%	1636.50	23.85	0.12	5.96	12.81%	50.65
000138	PINEAPPLE AND ORANGE MEDLEY		4 oz	\$0.00	65	0.15	2.03%	3.97	0.00	1.13	0.01	0.16%	16.73
000689	PINEAPPLE AND PEACH MEDLEY		4 oz	\$0.00	60	0.09	1.27%	3.40	0.00	1.19	0.01	0.11%	15.88
000092	PINEAPPLE CHUNKS		4 oz	\$0.00	66	0.15	2.08%	1.26	0.00	1.01	0.01	0.17%	16.95
000568	PINEAPPLE SLICES - L		4 OZ	\$0.00	59	0.00*	0.00%	9.78	0.00*	0.98	0.00*	0.00%	15.64
000235	PINEAPPLE UPSIDE DOWN CAKE		SERVING	\$0.00	233	5.07	19.62%	320.63	0.00	0.50	1.00	3.88%	43.47
000399	PINEAPPLE WEDGE, FRESH		SERVING	\$0.00	42	0.10	2.16%	0.84	0.00	1.18	0.01	0.16%	11.02
000426	PITA BREAD W/WO HONEY		SERVING	\$0.00	120	0.34	2.53%	150.64	0.00	0.64	0.05	0.35%	27.13
000549	PIZZA (ANGELO'S)		1 SLICES	\$0.00	285	12.00	37.90%	650.00	25.00	0.00	0.00	0.00%	40.00
001062	PIZZA (LA BELLA)	SF-98361	EACH	\$0.00	341	16.37	43.15%	627.43	6.58	2.20	7.80	20.57%	29.10
000674	PIZZA (POP POP'S)		SLICE	\$0.00	399	11.01	24.84%	740.37	47.52	0.50	4.00	9.04%	50.02
000541	PIZZA - GIORGIO RED SLICE		SLICE	\$0.00	310	10.00	29.03%	450.00	25.00	5.00	6.00	17.42%	36.00
900090	PIZZA BAGEL		SERVINGS	\$0.00	301	7.99	23.88%	611.74	25.33	1.78	4.00	11.94%	39.21
000805	PIZZA BAGEL (HS)		SERVINGS	\$0.00	325	10.68	29.60%	765.87	37.99	2.13	5.99	16.62%	36.48
000819	PIZZA BAGEL BRK		SERVINGS	\$0.00	301	7.99	23.88%	611.74	25.33	1.78	4.00	11.94%	39.21
000400	PIZZA QUESADILLA		SLICE	\$0.00	380	16.00	37.90%	1000.00	15.00	5.00	7.00	16.58%	39.00
000374	PIZZA ROUND		SERVING	\$0.00	300	14.00	42.00%	630.00	15.00	2.00	4.50	13.50%	28.00
000321	PIZZA, BIG DADDY		SERVING	\$0.00	470	18.00	34.47%	1060.00	40.00	3.00	9.00	17.23%	55.00
000603	PIZZA, CHEESE WEDGE		SLICE	\$0.00	320	13.00	36.56%	560.00	30.00	1.00	7.00	19.69%	31.00
000514	PIZZA, DOUBLE STUFFED		SLICE	\$0.00	250	8.00	28.80%	630.00	20.00	4.00	4.50	16.20%	26.00
000491	PIZZA, FRENCH BREAD		EACH	\$0.00	307	13.88	40.69%	857.00	19.03	92.00	5.74	16.83%	27.13
000131	Pizza, LaBella Cheese		servings	\$0.00	427	13.01	27.40%	830.77	55.05	0.50	5.01	10.54%	50.05
900092	PIZZA, MAXI STIX		2 STIX	\$0.00	328	15.00	41.16%	754.00	22.00	12.00	5.60	15.37%	31.80
000304	PIZZA, STUFFED CRUST		SLICE	\$0.00	410	16.17	35.53%	1013.57	16.17	4.31	4.85	10.66%	49.60
900094	PIZZA, STUFFED DIPPERS		4 OZ	\$0.00	336	16.60	44.47%	896.00	17.20	0.00	5.60	15.00%	29.00
000094	PLUMS,FRESH		EACH	\$0.00	30	0.18	5.48%	0.00	0.00	0.92	0.01	0.33%	7.54
000191	POPCORN, SMARTFOOD		BAG	\$0.00	70	3.00	38.57%	130.00	5.00	1.00	0.50	6.43%	9.00
000696	POPTART, STRAWBERRY W/TOAS		SERVING	\$0.00	273	6.22	20.54%	302.64	0.00	6.33	1.80	5.93%	49.78
000697	POPTARTS W/WO TOAST		SERVINGS	\$0.00	282	8.05	25.68%	319.07	2.50	5.23	2.59	8.27%	48.59
000786	PORK ROAST & GRAVY		SERVING	\$0.00	339	18.26	48.52%	212.60	74.84	0.94	6.17	16.39%	16.46
900067	PORK ROAST WITH SAUERKRAUT		1 EACH	\$0.00	119	9.19	69.44%	204.34	32.21	0.66	3.18	24.05%	0.98
000618	PORK, SWEET AND SOUR		3/4 CUP	\$0.00	300	11.05	33.13%	286.55	84.80	0.84	3.63	10.88%	17.58
000236	POTATO BAKED 1/2		SERVING	\$0.00	164	4.20	23.03%	337.87	0.00	3.04	0.76	4.14%	29.23

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000334	POTATO CHIPS, BAKED		PACKAGE	\$0.00	140	4.00	25.70%	250.00	0.00	2.00	0.50	3.20%	25.00
000551	POTATO SALAD - L		4 OZ	\$0.00	187	12.19	58.59%	132.16	59.19	2.05	1.59	7.65%	16.65
000386	POTATO WEDGES		4 OZ.	\$0.00	129	0.09	0.61%	327.75	0.00	2.32	0.01	0.09%	30.94
900097	POTATO WEDGES, PARMESAN		3 oz.	\$0.00	135	3.61	24.13%	123.69	1.83	2.02	1.86	12.41%	21.59
000112	POTATO WEDGES, SEASONED		SERVINGS	\$0.00	114	0.77	6.08%	50.42	2.20	2.45	0.44	3.50%	24.31
900098	POTATO, SMILE FRIES (ELEM)		SERVING	\$0.00	178	7.59	38.48%	691.03	0.00	1.75	3.35	16.97%	26.31
000796	POTATO, SMILE FRIES (SEC)		SERVING	\$0.00	208	9.09	39.42%	766.07	0.00	2.09	4.01	17.40%	30.14
500154	POTATOES AU GRATIN	USDA I-14	1/2 CUP	\$0.00	144	2.39	14.97%	594.99	9.99	0.49	1.66	10.35%	22.47
000615	POTATOES AU GRATIN(CENT)		1/2 CUP	\$0.00	150	2.26	13.57%	357.96	9.43	1.62	1.63	9.79%	24.16
000487	POTATOES, FRIES W/VO CHEESE		3 OZ	\$0.00	165	6.41	34.89%	242.61	0.00*	1.30	0.50	2.72%	23.87
000440	POTATOES, STARZ		SERVING	\$0.00	186	10.02	48.52%	456.84	0.00*	2.02	1.00	4.86%	21.51
000338	POTATOES, CHEESY SMASHED		1/2 cup	\$0.00	220	12.50	51.14%	630.00	35.00	0.50	7.50	30.68%	17.50
000233	POTATOES, CRABBY FRIES		SERVING	\$0.00	183	5.79	28.49%	578.10	0.00	2.42*	1.08*	5.33%	30.49
000176	POTATOES, FRENCH FRY LOOPS		SERVING	\$0.00	154	6.04	35.38%	507.91	0.00	3.04	1.51	8.82%	23.56
000021	POTATOES, OVEN ROASTED		1/2 CUP	\$0.00	52	0.63	11.00%	150.29	0.00	2.98	0.12	2.02%	11.37
000548	POTATOES, PARSLEY		1/2 CUP	\$0.00	84	2.08	22.20%	349.92	0.00	2.25	0.37	3.98%	15.11
000266	POTATOES, ROASTED W/ ROSEMA		1/2 CUP	\$0.00	85	0.15	1.60%	9.18	0.00	2.09	0.05	0.56%	19.33
000825	POTATOES, SCALLOPED		3 oz. SERVI	\$0.00	178	2.04	10.31%	538.12	0.00	2.34	1.22	6.18%	29.25
000106	POTATOES, TATER TOTS		3 OZ. SERVI	\$0.00	173	7.37	38.28%	541.91	0.00	2.16	1.55	8.07%	26.62
000240	POTATOES,FRENCH FRIES, MCCAI		3 oz.	\$0.00	158	4.00	22.80%	348.42	0.00	1.39	0.01	0.07%	28.00
000116	PRETZEL BITES (ELEM)		6 EACH	\$0.00	275	8.38	27.38%	768.75	0.00*	1.50	1.62	5.29%	44.18
000117	PRETZEL BITES (SEC)		8 EACH	\$0.00	367	11.17	27.38%	1024.99	0.00*	2.00	2.16	5.29%	58.91
000263	PRETZEL BITES (SIDE)		4 EACH	\$0.00	166	4.34	23.49%	407.51	0.00*	1.00	0.83	4.50%	27.95
000378	PRETZEL RODS (WHOLE WHEAT)		ROD	\$0.00	4	0.03	6.43%	16.25	0.00	0.06	0.00	0.00%	0.88
900042	PRETZEL RODS, HARD		PIECES	\$0.00	72	0.66	8.25%	300.00	0.00*	0.60	0.00*	0.00%	14.00
000740	PRETZEL WHOLE WHEAT 2.5 OZ		EACH	\$0.00	170	1.00	5.29%	150.00	0.00	4.00	0.00	0.00%	36.00
000096	PRETZEL, APPLE SHAPE		PRETZEL	\$0.00	170	0.88	4.66%	901.58	0.00	1.49	0.13	0.67%	35.18
900099	PRETZEL, SOFT		EACH	\$0.00	190	0.00	0.00%	160.00	0.00	2.00	0.00	0.00%	41.00
000241	PRETZELS, HEARTZEL		BAG	\$0.00	110	1.00	8.18%	240.00	0.00	2.00	0.00	0.00%	23.00
000109	PRETZELS, TINY TWIST		BAG	\$0.00	110	1.00	8.18%	580.00	0.00	1.00	0.00	0.00%	23.00
000329	PUDDING , SMORE		SERVING	\$0.00	158	3.84	21.84%	175.45	0.00*	1.16	0.48*	2.70%	28.65
000748	PUDDING CUP, BLACK FOREST		EACH	\$0.00	153	4.95	29.05%	158.70	0.00	0.92	1.03	6.06%	26.65
000770	PUDDING CUP, CHERRY		EACH	\$0.00	98	2.22	20.48%	99.34	0.00	0.43	0.29	2.69%	19.89
900100	PUDDING PARFAIT		3 OZ.	\$0.00	168	6.72	35.96%	136.70	0.00	0.00	0.36	1.91%	28.01
000019	PUDDING, CREAMY RICE		1/2 CUP	\$0.00	120	2.59	19.35%	132.62	0.00	0.28	0.46	3.43%	21.31
000506	PUDDING, DIRT CUP		EACH	\$0.00	194	7.46	34.62%	220.66	0.00	1.05	1.80	8.33%	29.69
000640	PUDDING, GERMAN CHOCOLATE		SERVING	\$0.00	168	3.53	18.92%	211.72	0.00	0.60	0.39	2.09%	33.25
000649	PUDDING, MISSISSIPPI MUD PIE		SERVING	\$0.00	171	4.83	25.39%	174.82	0.00	1.10	0.90	4.71%	29.39
000590	PUDDING, ROCKY ROAD		each	\$0.00	0	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	0.00
000069	PUDDING, SAND CASTLE		3 OZ	\$0.00	142	4.77	30.20%	154.30	0.00*	0.25*	1.68	10.65%	18.58
000177	PUDDINGS, ASSORTED		3 OZ.	\$0.00	97	3.02	28.06%	132.20	2.89	0.00*	0.42	3.93%	16.16
000788	PUDDINGS, ASSORTED & GREEN		3 OZ.	\$0.00	97	3.02	28.06%	132.20	2.89	0.00*	0.42	3.93%	16.16
900096	PULLED PORK SANDWICH		EACH	\$0.00	534	29.47	49.65%	472.53	96.62	1.00	9.53	16.05%	37.00
000835	PUMPKIN SEEDS		BAG	\$0.00	150	12.00	72.00%	115.00	0.00	1.00	2.00	12.00%	4.00
000404	QUESADILLA, CHEESE (Elem)		SERVINGS	\$0.00	333	18.34	49.58%	744.47	46.38	1.65	10.27	27.76%	26.53
000821	QUESADILLA, CHEESE (Sec)		SERVINGS	\$0.00	444	24.44	49.58%	992.01	61.81	2.19	13.68	27.76%	35.35
000629	RAISIN TOAST		SERVING	\$0.00	300	10.65	31.99%	380.64	0.00	2.00	2.05	6.16%	46.06
900000	RATATOUILLE		SERVINGS	\$0.00	43	0.85	17.68%	198.92	1.21	2.05	0.27	5.57%	8.96

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No.	Description	Source	Portion Size	Unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholest	G Fiber	Sat Fat	% Sat Fat	G Carb
000311	RAVIOLI, CHEESE (ELEM)		SERVING	\$0.00	330	8.99	24.55%	776.19	60.00	3.98	4.50	12.29%	48.93
000071	RAVIOLI, CHEESE w/ SAUCE		EACH	\$0.00	2	0.08	33.38%	3.61	0.47	0.01	0.05	19.34%	0.25
000008	REFRIED BEANS: canned		SERVING	\$0.00	118	1.59	12.06%	376.74	10.08	6.68	0.59	4.50%	19.57
000673	RELISH TRAY W/DIP		SERVING	\$0.00	28	0.78	25.18%	95.32	1.82	1.24	0.20	6.61%	4.66
000794	RICE BOWL, TERIYAKI (ELEM)		SERVINGS	\$0.00	226	10.74	42.79%	944.64	33.26	1.29	3.27	13.05%	20.86
000795	RICE BOWL, TERIYAKI (SEC)		SERVINGS	\$0.00	217	7.13	29.51%	1510.05	28.53	1.30	2.03	8.42%	24.78
000308	RICE KRISPY TREAT (CENT)		each	\$0.00	180	4.00	20.00%	200.00	0.00	0.00	1.00	5.00%	36.00
001000	RICE KRISPY TREATS		EACH	\$0.00	69	0.54	7.07%	72.97	0.00	0.06	0.10	1.35%	15.42
001049	RICE KRISPY TREATS:SECONDARY		EACH	\$0.00	137	1.08	7.07%	145.93	0.00	0.11	0.21	1.35%	30.84
000685	RICE, BROWN		SERVING	\$0.00	85	0.75	7.94%	0.00	0.00	1.00	0.00	0.00%	17.50
000107	RICE, CONFETTI		SERVING	\$0.00	52	1.71	29.60%	270.35	0.00	0.49	0.32	5.62%	8.17
900103	RICE, MEXICAN FIESTA		SERVING	\$0.00	95	0.50	4.74%	375.00	0.00*	0.50	0.00*	0.00%	21.50
000675	RICE, PILAF		SERVING	\$0.00	95	0.50	4.74%	505.00	0.00*	0.50	0.00*	0.00%	20.50
000754	RICE, WHITE		SERVING	\$0.00	51	1.98	34.83%	319.63	0.00	0.11	0.38	6.67%	7.43
000500	ROLL KAISER		EACH	\$0.00	170	1.00	5.29%	340.00	0.00	1.00	0.00	0.00%	35.00
000586	ROLL, WHEAT DINNER		ROLL	\$0.00	80	0.50	5.63%	150.00	0.00	1.00	0.00	0.00%	15.00
900104	ROLL,HOT DOG		ROLL	\$0.00	100	1.36	12.27%	217.67	0.00	0.91	0.00	0.00%	19.95
900105	ROLL,STEAK		ROLL	\$0.00	190	2.00	9.47%	380.00	0.00	1.00	0.00	0.00%	37.00
000392	ROTINI w/ MEATSAUCE		CUP	\$0.00	389	3.90	9.03%	248.12	2.56	7.16	0.66	1.54%	74.09
000616	ROYAL BROWNIES		SERVINGS	\$0.00	133	3.84	25.89%	83.08	0.00	1.50	0.74	5.02%	24.56
000600	SALAD, BIB W/ BALSAMIC DRIZZL		SERVING	\$0.00	11	0.05	4.22%	1.52	0.00	0.25	0.01	0.56%	2.31
000806	SALAD, COBB (Elem)		Servings	\$0.00	429	30.03	62.94%	687.24	139.19	1.52	7.82	16.39%	21.16
000139	SALAD, GARDEN TOSSED		1/2 CUP	\$0.00	15	0.32	18.94%	52.65	0.34	0.75	0.09	5.06%	2.94
000810	SALAD, PEAR		Servings	\$0.00	162	9.06	50.27%	141.33	0.00	3.56	2.30	12.77%	20.31
000065	SAMPLER PLATTER		SERVING	\$0.00	462	18.02	35.08%	1216.84	25.80	4.27	5.50	10.71%	49.31
000049	SAUERKRAUT:canned		CUP	\$0.00	27	0.20	6.63%	938.62	0.00	4.12	0.05	1.61%	6.08
000036	SAUSAGE & CHEESE BAGEL(E &M)		SERVING	\$0.00	285	8.73	27.61%	721.37	41.76	1.16	3.20	10.11%	37.10
000694	SAUSAGE & CHEESE BAGEL(HS)		SERVING	\$0.00	359	10.80	27.04%	915.63	47.22	1.51	4.21	10.55%	48.07
000317	SAUSAGE PATTY W/TOAST		patty	\$0.00	374	27.77	66.91%	800.09	45.00	2.00*	8.70	20.97%	21.02
000634	SAUSAGE,EGG & CHEESE ON KAIS		SERVING	\$0.00	352	17.46	44.63%	830.09	157.22	1.17*	6.02	15.38%	30.66
000133	SAUSAGE,EGG& CHEESE BAGEL(		SERVING	\$0.00	377	16.45	39.26%	912.71	157.22	1.16*	5.71	13.63%	38.63
000558	SCONE, CRANBERRY/ORANGE		SERVINGS	\$0.00	0	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	0.00
000526	SCRAMBLED EGG BOWL		SERVING	\$0.00	278	17.24	55.72%	532.65	427.63	0.70*	6.24	20.15%	11.00
500169	SCRAMBLED EGGS	USDA D-34	1/4 CUP	\$0.00	82	5.07	55.64%	144.00	215.00	0.00	1.57	17.21%	1.64
000057	SCRAMBLED EGGS W/ SAUSAGE		2 OZ	\$0.00	141	8.90	56.89%	222.66	239.76	0.08*	2.61	16.69%	2.23
000169	SCRAMBLED EGGS W/ TOAST		2 OZ	\$0.00	206	8.83	38.55%	363.53	209.71	2.07	1.89	8.25%	22.63
000277	SCRAMBLED EGGS W/ TURKEY BA		servings	\$0.00	152	9.97	58.97%	291.91	287.11	0.10	3.18	18.78%	2.51
000390	SHAPE UP, FROZEN FRUIT		EACH	\$0.00	80	0.00	0.00%	15.00	0.00	0.00	0.00	0.00%	21.00
000592	SHEPHERD'S PIE		SERVINGS	\$0.00	397	11.77	26.65%	1563.06	57.39	5.58	3.82	8.66%	50.95
000690	SHERBET CUP		SERVING	\$0.00	120	1.50	11.25%	35.00	4.00	0.00	1.00	7.50%	27.00
000031	SHRIMP POPPERS (ELEM)		SERVING	\$0.00	229	12.17	47.89%	779.87	40.33	2.04	2.03	7.98%	20.90
000089	SHRIMP POPPERS (SEC)		SERVING	\$0.00	408	19.61	43.22%	1303.51	60.33	3.91	3.37	7.42%	42.91
000557	SLOPPY JOE ON ROLL - CENT		1 SANDWIC	\$0.00	143	1.00	6.29%	415.22	0.00	1.43	0.00	0.00%	28.04
000494	SLUSHIE, BREAKFAST ELEMENTAR		EACH	\$0.00	57	0.00	0.00%	4.37	0.00	0.00	0.00	0.00%	14.00
000735	SLUSHIE, BREAKFAST SECONDAR		EACH	\$0.00	73	0.00	0.00%	5.62	0.00	0.00	0.00	0.00%	18.00
000811	SOUP, ABC VEGETABLE		CUP	\$0.00	184	2.04	10.00%	610.18	30.64	3.18	0.55	2.68%	34.88
000496	SOUP, BROCCOLI & CHEESE		8 OZ. SERVI	\$0.00	174	9.64	49.91%	553.82	32.25	1.10*	5.90	30.55%	11.95
000721	SOUP, CHICKEN FAJITA		8 OZ	\$0.00	169	5.60	29.81%	855.50	13.58	1.33	1.94	10.32%	22.64

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No.	Description	Source	Portion Size	Unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
000606	SOUP, CHICKEN NOODLE		CUP	\$0.00	129	3.48	24.23%	115.84	23.47	0.80	0.97	6.73%	11.44
000258	SOUP, CREAM OF BROCCOLI		CUP	\$0.00	201	9.12	40.78%	194.59	5.67	6.85	3.16	14.12%	25.95
000727	SOUP, CREAM OF BROCCOLI CHEE		8 OZ. CUPS	\$0.00	82	4.47	49.27%	97.96	12.26	2.85	2.61	28.84%	6.17
000408	SOUP, FRENCH ONION		8 OZ.	\$0.00	55	3.71	61.30%	563.88	0.00	0.80	0.52	8.54%	4.79
000346	SOUP, PIEROGIE CHICKEN		SERVING	\$0.00	97	2.80	25.99%	689.02	5.41	0.64	1.17	10.87%	15.07
900050	SOUP, TOMATO		SERVING	\$0.00	50	1.00	18.00%	368.40	0.00	1.00	0.00	0.00%	9.00
000764	SOUP, TOMATO BAR		SERVING	\$0.00	115	4.58	35.72%	443.44	2.49	1.30	0.92	7.18%	15.87
000411	SOUP, VARIETY		servings	\$0.00	161	6.42	35.79%	1362.85	8.56	2.84	2.63	14.67%	20.99
000193	SOUP, VEGETABLE HOMEMADE		CUP	\$0.00	45	0.42	8.55%	607.44	0.00	2.01	0.12	2.35%	9.10
000798	SPAGHETTI W/MEAT SAUCE (ELE)		6 OZ.	\$0.00	355	15.02	38.12%	390.21	60.92	2.74	5.25	13.32%	29.69
000552	SPAGHETTI W/MEAT SAUCE (SEC)		8 oz.	\$0.00	526	20.35	34.85%	634.34	80.72	4.33	7.03	12.04%	49.54
000670	SPAGHETTI W/MEAT SAUCE W/ITA		6 oz	\$0.00	288*	2.12*	6.62%	372.94*	0.00*	3.90*	0.45*	1.39%	58.19*
000434	SPAGHETTI w/MEATBALLS (ELEM)		CUP	\$0.00	351	14.09	36.09%	1028.03	22.49	5.99	3.97	10.17%	43.93
000206	SPAGHETTI w/MEATBALLS (SEC)		1 1/2 CUPS	\$0.00	565	20.21	32.20%	1474.09	29.99	9.54	5.51	8.79%	76.28
000198	SPAGHETw/MEATBALLS /BREAD(S		1 1/2 CUP	\$0.00	668	24.50	32.99%	1658.41	29.99	10.54	6.23	8.39%	89.32
000645	SPINACH MANDARIN SIDE SALAD		SERVING	\$0.00	86	3.95	41.34%	292.20	0.00	2.49	0.32	3.34%	11.92
000646	SPINACH SALAD DRESSING		SERVINGS	\$0.00	154	14.01	81.91%	222.54	0.00	0.09	1.03	6.03%	7.24
000051	SPINACH: frozen,boiled		CUP	\$0.00	65	1.65	23.03%	184.30	0.00	7.03	0.30	4.16%	9.12
001081	SPORTS GRAHAM BITES		EACH	\$0.00	113	3.24	25.75%	93.02	0.00*	0.70	0.49	3.89%	19.50
000052	SQUASH,SUMMER: boiled		CUP	\$0.00	36	0.56	13.95%	1.80	0.00	2.52	0.12	2.88%	7.76
000054	SQUASH,WINTER: baked		CUP	\$0.00	76	0.72	8.51%	2.05	0.00	5.74	0.15	1.75%	18.14
000055	SQUASH,WINTER: boiled		CUP	\$0.00	83	0.20	2.12%	7.35	0.00	6.37	0.04	0.45%	21.54
000212	STAR FRUIT, FRESH		SERVING	\$0.00	10	0.25	22.49%	0.00*	0.00*	0.25	0.00*	0.00%	2.00
900052	STEAK PANINI		SERVING	\$0.00	360	27.75	69.35%	1302.41	90.80	0.34	14.87	37.17%	3.19
000556	STEAMED RICE - L		3 OZ	\$0.00	152	0.72	4.28%	67.79	0.81	0.88	0.31	1.85%	32.09
500177	STIR-FRY SAUCE	USDA G-11	3 TBSP	\$0.00	15	0.07	4.06%	204.00	0.00	0.10	0.02	1.09%	3.12
000099	STRAWBERRIES,FRESH		1/2 CUP	\$0.00	23	0.22	8.44%	0.72	0.00	1.44	0.01	0.42%	5.53
900110	STUFFED SHELLS		SERVING	\$0.00	270	11.36	37.92%	744.85	130.97	1.81	6.95	23.20%	21.14
000762	STUFFING		SERVINGS	\$0.00	70	0.67	8.57%	300.53	0.00	2.00	0.00	0.00%	14.00
000056	SWEET POTATO, APPLE SAUCE CA		SERVING	\$0.00	150	2.67	16.08%	96.10	0.30	1.72	0.49	2.97%	30.13
000484	SWEET POTATO, FRENCH FRIES		3 OZ	\$0.00	182	8.00	39.44%	225.00	0.00	3.00	2.00	9.86%	25.50
000715	SWEET POTATO, MASHED		SERVINGS	\$0.00	81	6.37	71.11%	106.36	0.00	0.32	1.36	15.23%	6.34
000717	SWEET POTATOES BAKED, CINNA		SERVINGS	\$0.00	78	3.22	37.08%	56.21	0.00	0.66	0.69	7.93%	12.35
000126	SWEET POTATOES W/MARSHMALL		SERVINGS	\$0.00	136	2.32	15.27%	63.93	0.00	2.84	0.45	2.96%	27.93
000192	SWEET POTATOES, CANDIED		SERVINGS	\$0.00	175	6.32	32.44%	104.20	0.00	2.35	1.20	6.15%	29.42
000609	SWEET POTATOES, ORANGE GLAZ		1/4 CUP	\$0.00	100	2.03	18.19%	45.97	0.00	1.87	0.41	3.71%	20.08
000614	SWEET POTATOES, ORANGE GLAZ		1/4 CUP	\$0.00	100	2.03	18.19%	45.97	0.00	1.87	0.41	3.71%	20.08
000610	TACO SALAD -C		SERVINGS	\$0.00	319	16.65	47.05%	405.56	54.57	2.55	4.71	13.31%	21.09
000692	TACOS W/WO GB/T & CHEESE		SERVINGS	\$0.00	363	14.04	34.82%	1156.17	48.15	1.95	5.40	13.38%	28.63
000076	TACOS W/WO MEAT & CHEESE- EL		SERVINGS	\$0.00	268	13.32	44.67%	855.11	51.42	1.66	4.04	13.56%	27.46
000174	TACOS W/WO MEAT & CHEESE- SE		SERVINGS	\$0.00	478	31.27	58.89%	1382.71	107.25	1.98	15.37	28.93%	31.70
000100	TANGERINES,FRESH		EACH	\$0.00	45	0.26	5.26%	1.68	0.00	1.51	0.03	0.66%	11.21
000303	TEDDY GRAHAMS		EACH	\$0.00	90	3.00	30.00%	100.00	0.00*	1.00	0.05	0.50%	16.00
000367	TOAST,RAISIN		1 SLICE	\$0.00	105	4.94	42.27%	146.08	0.00	1.13	0.94	8.05%	13.70
000325	TOAST,WHOLE-WHEAT BREAD		1 SLICE	\$0.00	117	4.80	36.97%	190.58	0.00	2.34	0.89	6.84%	14.56
000058	TOMATOES, STEWED		servings	\$0.00	33	0.09	2.50%	226.50	0.04	1.32	0.03	0.72%	7.15
000581	TORTILLA CHIPS - L		1 OZ	\$0.00	149	8.00	48.46%	114.28	0.00	1.14	1.14	6.92%	17.71
000009	TOSSED SALAD (Elem)		Serving	\$0.00	80	3.32	37.53%	241.77	4.13	3.03	0.73	8.28%	11.81

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000010	TOSSED SALAD W/WO EGG (Sec)		Serving	\$0.00	373	16.38	39.56%	831.89	229.00	7.10	5.28	12.76%	36.25
000130	TRAIL MIX (CENT)		SERVING	\$0.00	212	3.09	13.09%	91.82	0.00*	1.04*	2.03	8.60%	43.35
000700	TUNA SALAD BOAT (ELEM)		SERVINGS	\$0.00	244	6.86	25.26%	498.87	31.14	1.20	1.26	4.65%	29.86
000699	TUNA SALAD HOAGIE (ELEM)		SERVINGS	\$0.00	341	7.69	20.30%	915.84	31.14	1.58	1.20	3.16%	49.07
000014	TUNA SALAD HOAGIE (SEC)		SERVINGS	\$0.00	411	10.96	23.98%	1167.50	46.71	2.04	1.80	3.95%	53.02
000013	TUNA SALAD ON KAISER		SERVINGS	\$0.00	283	6.54	20.77%	767.11	26.69	1.30	1.03	3.26%	40.22
000015	TUNA SALAD SALAD		SERVINGS	\$0.00	138	5.83	37.97%	452.08	26.79	2.34	1.08	7.00%	10.39
000679	TUNA SALAD WRAP (ELEM)		SERVINGS	\$0.00	252	10.08	35.96%	788.76	37.37	1.35	2.00	7.15%	22.71
000793	TUNA SALAD WRAP (SEC)		SERVINGS	\$0.00	419	15.12	32.49%	1192.87	46.71	2.79	3.12	6.70%	45.59
000778	TUNA, CHEESY ROTINI		1 CUP	\$0.00	744	16.87	20.41%	605.73	71.46*	6.18	8.48*	10.26%	100.54
000784	TUNA, CHEESY ROTINI SIDE		1/3 CUP	\$0.00	248	5.62	20.41%	201.91	23.82*	2.06	2.83*	10.26%	33.51
000789	TURKEY & CHEESE WRAP (ELEM)		EACH	\$0.00	282	14.55	46.53%	1190.58	27.19	1.12	4.61	14.75%	22.67
000790	TURKEY & CHEESE WRAP (SEC)		EACH	\$0.00	451	18.36	36.68%	1876.60	45.48	2.57	5.51	11.01%	45.00
000704	TURKEY BOWL		servings	\$0.00	284	6.89	21.84%	1645.29	45.27	3.21	2.06	6.54%	35.02
000705	TURKEY CHEF'S SALAD (ELE)		Serving	\$0.00	261	16.63	57.32%	768.99	51.60	2.13	7.72	26.59%	13.49
000357	TURKEY CLUB WRAP		roll	\$0.00	394	13.01	29.73%	1230.69	59.99	2.17	4.56	10.41%	41.48
000707	TURKEY HAM & CHEESE ON KAISE		EACH	\$0.00	103	4.28	37.29%	706.47	45.64	0.11	1.84	16.03%	1.60
000738	TURKEY NOODLE SOUP-CENT		CUP	\$0.00	112	3.18	25.71%	745.94	30.65	0.89	1.00	8.04%	10.34
000279	TURKEY NOODLE SOUP/BOSCO ST		CUP	\$0.00	340	10.21	27.05%	556.46	33.20	1.78	4.64	12.29%	37.76
000745	TURKEY ROAST ON KAISER		SERVINGS	\$0.00	224	4.94	19.85%	819.67	32.01	1.13	1.01	4.07%	28.48
000124	TURKEY ROAST WITH BREAD- ELE		SERVINGS	\$0.00	158	3.69	21.08%	766.15	30.21	0.71	0.89	5.07%	18.10
000693	TURKEY ROAST WITH BREAD- SEC		SERVINGS	\$0.00	179	4.54	22.80%	884.76	40.02	0.71	1.10	5.52%	18.21
000278	TURKEY ROAST WITH GRAVY (ELE		SERVINGS	\$0.00	91	2.87	28.34%	595.90	30.21	0.11	0.71	7.00%	5.45
000803	TURKEY ROAST WITH GRAVY (SEC		SERVINGS	\$0.00	121	3.82	28.34%	794.53	40.28	0.14	0.94	7.00%	7.26
000159	TURKEY ROAST WITH STUFFING (E		SERVINGS	\$0.00	312	4.97	14.35%	1538.80	30.21	6.40	0.71	2.05%	49.55
000802	TURKEY ROAST WITH STUFFING (S		SERVINGS	\$0.00	415	6.62	14.35%	2051.73	40.28	8.54	0.94	2.05%	66.06
000657	TURKEY SALAD HOAGIE		SERVINGS	\$0.00	399	11.66	26.27%	1033.94	44.00	2.54	2.13	4.80%	49.83
000658	TURKEY SALAD SALAD (Sec)		Serving	\$0.00	113	5.34	42.56%	320.59	22.00	1.60	1.08	8.62%	7.27
000801	TURKEY SALAD SALAD (Sec)		Serving	\$0.00	157	5.68	32.57%	631.68	22.00	4.25	1.14	6.52%	17.55
000800	TURKEY SALAD sub recipe		2 oz. SERVI	\$0.00	92	5.18	50.78%	307.08	21.66	0.42	1.06	10.39%	2.70
000792	TURKEY SALAD WRAP		SERVINGS	\$0.00	366	13.71	33.76%	936.40	35.20	2.84	3.02	7.43%	40.27
000305	TURKEY SALAD, TROPICAL		SERVING	\$0.00	229	10.03	39.43%	1007.37	57.70	0.97	2.54	9.97%	9.93
000105	TURKEY W/CHEESE HOAGIE		EACH	\$0.00	519	17.95	31.11%	1629.38	64.23	3.19	7.42	12.86%	60.23
001054	TURKEY W/CHEESE ON KAISER		EACH	\$0.00	293	10.25	31.43%	947.83	43.37	1.21	4.20	12.88%	28.76
900113	TURKEY W/CHEESE SHORTY		EACH	\$0.00	312	9.76	28.15%	950.70	43.37*	1.01	3.87	11.17%	37.04
000180	TURKEY, BACON & CHEESE KAISE		EACH	\$0.00	482	20.70	38.67%	1538.95	58.39	2.19	6.25	11.67%	44.89
000559	TURKEY, SLICED GRAVY - L		3 OZ	\$0.00	90	0.31	3.06%	851.15	30.80	0.17*	0.09	0.89%	3.96
000560	TURKEY/CHEESE ON WHEAT BREA		SANDWICH	\$0.00	283	12.06	38.39%	1019.45	45.56	2.00*	6.19	19.72%	23.50
000234	VACATION		EACH	\$0.00	0	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	0.00
000250	VEGGIE BAR		3 OZ.	\$0.00	33	0.22	6.02%	14.90	0.00	1.67	0.04	1.17%	7.82
000416	VEGGIE BURGER w/ROLL		EACH	\$0.00	500	25.15	45.31%	1102.31	25.31*	3.21*	8.08	14.55%	34.06
000181	VEGGIE WRAP, GRILLED		SERVING	\$0.00	371	17.61	42.76%	688.04	13.50	3.11	5.51	13.37%	41.17
000510	VEGGIES & DIP		EACH	\$0.00	24	0.76	28.24%	88.25	1.82	0.97	0.20	7.43%	3.77
000199	WAFFLE STICKS & CHOC SYRUP-E		SERVING	\$0.00	251	4.05	14.52%	381.70	0.00	0.50	1.00	3.58%	51.60
000730	WAFFLE STICKS & CHOC SYRUP-S		SERVING	\$0.00	308	5.22	15.26%	490.03	0.00	0.67	1.33	3.90%	62.26
000729	WAFFLE STICKS & SYRUP (BREAK)		SERVING	\$0.00	307	4.67	13.70%	463.33	0.00	0.67	1.33	3.91%	63.33
000550	WAFFLE STICKS & SYRUP CUPS - L		4 STICKS	\$0.00	307	4.67	13.70%	463.33	0.00	0.67	1.33	3.91%	63.33
000706	WAFFLE STICKS & SYRUP BR. SEC		SERVING	\$0.00	307	4.67	13.70%	463.33	0.00	0.67	1.33	3.91%	63.33

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Centennial School District

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## Recipe Master List

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No.	Description	Source	Portion Size	Unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
000826	WATER ICE, POLISH	USDA C-20	CONTAINER	\$0.00	110	0.00	0.00%	15.00	0.00	0.00	0.00	0.00%	28.00
000101	WATERMELON SLICE		SLICE	\$0.00	86	0.43	4.50%	2.86	0.00	1.14	0.05	0.48%	21.59
000062	WHEAT TOAST STACK (ELEM)		SERVINGS	\$0.00	410	25.86	56.73%	557.65	0.00	2.69	5.02	11.02%	40.42
000132	WHEAT TOAST STACK (SEC)		SERVINGS	\$0.00	613	38.79	56.95%	836.47	0.00	4.04	7.54	11.06%	60.00
000755	X COOLER		SERVING	\$0.00	80	0.00	0.00%	10.00	0.00	0.00	0.00	0.00%	20.00
000341	X#1		serving	\$0.00	0	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	0.00
900111	X#2		serving	\$0.00	0	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	0.00
000449	X#3		serving	\$0.00	0	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	0.00
500212	YELLOW CAKE		SERVINGS	\$0.00	214	8.46	35.58%	195.00	39.00	0.50	2.16	9.08%	31.66
000626	YELLOW SQUASH RAW		SERVING	\$0.00	31	0.89	25.86%	68.09	1.82	1.28	0.24	6.95%	5.07
000039	YOGURT & BAGEL (ELEM)		SERVING	\$0.00	366	7.29	17.92%	420.53	10.03*	1.17*	1.55	3.80%	63.79
000669	YOGURT CUP & BAGEL W/WO (SE		SERVINGS	\$0.00	274	4.70	15.44%	394.00	14.00	1.00	2.40	7.88%	49.60
000476	YOGURT CUP (ELEM)		4 OZ	\$0.00	110	2.00	16.36%	75.19	10.03	0.00	1.00	8.18%	19.05
000584	YOGURT CUP (SEC)		8 OZ	\$0.00	127	0.41	2.89%	174.63	4.54	0.00	0.26	1.86%	17.42
000822	YOGURT PARFAIT, TRIX		SERVINGS	\$0.00	166	1.50	8.12%	111.55	2.50	1.20	0.51	2.74%	34.35
990010	YOGURT SUNDAES		SERVINGS	\$0.00	185	3.53	17.22%	82.30	10.03	0.85	1.02	4.97%	34.44
000045	YOGURT W/ WHEAT TOAST		SERVING	\$0.00	228	3.94	15.59%	219.26	5.00	1.27	1.22	4.84%	41.84
000651	ZITI BAKED		1 CUP	\$0.00	465	19.63	38.01%	914.67	69.35	3.18	5.51	10.67%	39.60
000194	ZITI W/ ROLL BAKED		SERVING	\$0.00	407	18.11	40.08%	1431.04	22.68	8.75	4.49	9.94%	47.56
000654	ZUCCHINI "CRABBY" CAKES		SERVING	\$0.00	179	6.00	30.11%	678.07	105.75	1.80*	1.04*	5.21%	23.74
000053	ZUCCHINI PARMESAN		SERVINGS	\$0.00	22	0.99	40.58%	53.08	2.75	0.58	0.56	22.98%	1.90
000808	ZUCCHINI SLICES		SERVING	\$0.00	31	0.89	25.86%	77.16	1.82	1.28	0.23	6.72%	5.07
000628	ZUCCHINI SPEARS		SERVING	\$0.00	31	0.89	25.86%	77.16	1.82	1.28	0.23	6.72%	5.07

Note: \* - asterisk denotes nutrients with either missing or incomplete nutrient data.